

# HarlowStar



THURSDAY, NOVEMBER 15, 2018

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## HARLOW REMEMBERS

PAGES 6&7



ALL YOU NEED  
FOR A **PERFECT**  
CHRISTMAS

MISTLETOE AND MAGIC **PULLOUT INSIDE**

**'We were  
staring  
at the  
flames it  
was surreal'**

**FAMILY LEFT  
HOMELESS BY  
FIRE - PAGES 4&5**



## **ROBERT HALFON MP WORKING HARD FOR HARLOW AND THE VILLAGES**

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✓ Ensuring Brexit Means Brexit ✓ Cherishing Our Villages

✓ Protecting Our NHS

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## Inside this week



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FOR JOBS PAGES 12&13**



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A GRADE PAGES 32&33**

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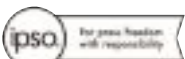
#### Newspaper sales

Manager Richard Nunes  
Phone 01223 632242  
Email newspaper@cambridge-news.co.uk  
Subscriptions (postal & home delivery)  
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Leaflet Distribution 01582 470506  
Photo Sales 0844 4060389  
E-edition hertsandsexobserver.co.uk/e-edition.html

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PLC, One Canada Square, Canary Wharf, London E14 5AP.



Psychic medium Tony  
Stockwell is coming to  
Bishop's Stortford

# What's ON

NEAR YOU  
THIS WEEK

MUSIC, THEATRE,  
COMEDY... AND  
MORE

### MEDIUM'S BIG NIGHT

**TONY STOCKWELL - PSYCHIC MEDIUM:** 1-3  
South Road, Bishop's Stortford, Wednesday,  
November 21, 8pm

■ The star of TV's Street Psychic, Psychic  
Private Eyes and Psychic Academy has a  
long-established credibility as a top intuitive  
medium and has shared the stage with  
international mediums such as Colin Fry,  
James van Praagh and Lisa Williams.

Tony demonstrates his belief that those  
who have passed can communicate with  
their loved ones with detailed messages,  
frequently including names, dates and  
locations and all delivered with emotion,  
sensitivity and empathy. The evening may  
include psychometry, photographs readings  
and psychic prediction.

Recent legislative guidelines insist that  
any evening of mediumship should be billed  
'for entertainment purposes'.

Tickets £20.50. For more details visit:  
www.rhodesartscomplex.co.uk

### ALL THAT JAZZ

**ORPHY ROBINSON PRESENTS: VAN**

**MORRISON'S ASTRAL WEEKS:** Saffron Hall,  
Audley End Road, Saffron Walden, Friday,  
November 16, 7.30pm

■ This concert celebrates Van Morrison's  
masterpiece Astral Weeks in November  
1968. Jazz FM Live Experience of the Year  
award winner Orphy Robinson brings  
together some of the UK's top jazz players  
to reinterpret the magical combination of  
jazz, folk and soul influences that made up  
Astral Weeks, with the vocals sung by the  
great Sarah Jane Morris, who's best known  
for her work with The Communards on  
songs such as Don't Leave Me This Way.

Tickets from £15. For more details visit:  
www.saffronhall.com

### A MAGICAL CHRISTMAS

**STANSTED HOUSE CHRISTMAS FAYRE:**

Stansted House, Rowlands Castle, Thursday,  
November 22, 5pm

■ Unique gifts and home accessories will be  
on sale at the Stansted House Christmas  
Fayre.

With a wide range of gifts to provide  
inspiration for everyone and festive family  
entertainment, you'll find plenty to make  
this Christmas a magical one.

There will be a fabulous selection of  
unique gifts that you won't find on the high  
street - luxury Christmas decorations, a  
selection of unusual jewellery, art, textile  
design, home gifts, soft furnishings,  
handmade soaps, luxury skincare products,  
sweets and pantry items as well as a good  
selection of ladieswear and accessories.

Tickets £8. For more details visit: www.  
facebook.com/events/485211175308332/

### LET THERE BE LIGHT

**CHRISTMAS LIGHTS SWITCH ON**

**EXTRAVAGANZA:** Harlow Town Centre, Saturday,  
November 17, 11am-6pm

■ Harlow Town Centre will be celebrating  
the start of the Christmas season with a day  
jam-packed with excitement.

Join the Harvey Centre from 11am to 4pm  
for a comedy Christmas with its fun-packed  
launch event, featuring a host of special  
guests and live entertainment.

Throughout the day the centre will play  
host to some very exciting entertainers,  
including Sister Ruth, the singing nun. And,  
do not forget to visit Santa in his grotto.

Pop down to Market Square between 11am  
and 4pm where Harlow's very first Makers  
Market will be taking place. A variety of  
stalls will be offering unique, hand-crafted  
products not found on the high street.

Back by popular demand, become one of  
Santa's Little Helpers and join a free  
workshop to make your own elf hat  
costume. Workshops from noon to 1.30pm  
and 2pm to 3.30pm.

The festive procession and Broad Walk  
switch-on is at 4pm.

With your elf costume, why not join the

cast of this year's panto - Aladdin, Santa and  
his special friends, the Pet's Corner  
Reindeer who will be leading a festive  
procession?

Meet Santa and his friends in the Harvey  
Centre, be led out into Broad Walk and down  
towards the Christmas tree, where the  
countdown will begin and the Broad Walk  
Christmas lights switched on.

At the Water Gardens from 4pm to 6pm,  
join Santa and his magical friends who will  
be putting on a festive spectacular with live  
music and mulled wine, with the big lights  
switch on taking place at 5pm.

For more details visit: www.facebook.com/  
events/1083401928493721/

### ART AND RESEARCH

**THE FLORENCE OF ESSEX:** Harlow Museum and  
Walled Gardens, Muskhams Road, Friday,  
November 16, 10am-4pm

■ This exhibition consolidated a year of  
research and work by artist and researcher  
Nicholas Smith, featuring a film which has  
been made about the special relationship  
between people of Harlow and the  
sculptures in the town, and a display of  
photographs that have been curated by  
Smith from the archive at the museum.

The exhibition will act as a starting point  
for a large scale project which is using the  
photographic archives of periphery towns  
across the UK to tell the story of modern  
Britain.

Smith's work investigates the  
construction of publicness through site and  
image, specifically focusing on moments of  
departure and or arrival in society that link  
history to place-making.

His current work is using found archival  
images to better understand the shift from  
civic to public ideologies in the UK over the  
last 60 years.

Admission: Adults £2; children £1.50;  
concessions £1.50; under-4s free.

For more details visit: www.  
wherewecanwego.com/item/e1284564/  
the-florence-of-essex



# It's a dog's life! Canine found hurt features in TV show



Kora has been living with Hertford vet Amie Gilman for the past two months

## ABANDONED ANIMAL MEETS PAUL O'GRADY AS PART OF STAR'S SERIES

By **CHARLOTTE PAGE**

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@journopage

A HARLOW vet, who rescued a dog found dumped on the side of the A10 with her tail and ears cut off, has been featured on an ITV programme.

Amie Gilman, a veterinary nurse at Medivet Hertford, appeared alongside the cane corso, also known as an Italian mastiff, Kora, on Paul O'Grady: For the Love of Dogs.

Kora was found dumped on the busy A10 with her tail and ears docked using a pair of scissors on July 22, 2018.

She was taken to the nearby Medivet's 24-hour centre in Enfield - where Amie was working at the time.

Amie instantly fell in love with Kora, but the dog had to spend a compulsory seven days with the local dog warden in case an owner could be found.

She was eventually taken to Battersea Dogs and Cats Home where she met Paul O'Grady who was filming his new TV series. Paul explained that Kora, who was known at Battersea as Sophie, was brought to the rescue centre by a warden.

He told viewers in the episode on October 31 that docked ears can make the breed look "quite aggressive".

"Docking is quite rightly illegal in the UK as it's painful and completely unnecessary," he said.

"It can cause other issues."

Other problems include looking intimidating to other dogs because they are unable to read Kora's behaviour through her ears and tails.

“She is an absolute sweetheart and I intend to train her as a therapy dog.”

Amie Gilman,  
Kora's owner

While she may look intimidating, Paul described her as "soft as a brush".

Kora was found to have an overseas microchip but the contact details were out of date.

As it became clear that no owner could be traced, Amie adopted Kora and went to Battersea to collect her from Paul.

Speaking on the show Amie said: "She was brought in as a stray to the vet practice I work at and I said 'If she's not claimed I'll take her home'."

"Then they said she had been taken to Battersea so I was absolutely devastated because I didn't think I was going to see her again."

"I want her to have a

soppy home."

Kora has now been living with Amie at her home in Harlow for the past two months and is settling in very well with Amie's other furry friends - two cats and two ferrets.

Amie continued: "Dogs like Kora can be stigmatised because of their breed and someone has tried to make her look frightening by cutting off her ears."

"In fact, she is an absolute sweetheart and I intend to train her as a therapy dog."

"She's a perfect ambassador for her breed and I hope that other people will hear her story and realise that these dogs can make wonderful pets."

■ To catch up with the episode visit [itv.com/itv-player](http://itv.com/itv-player)

Kora now has a permanent home with Amie Gilman



Kora giving her paw to host Paul O'Grady



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## News

Essex Fire Service  
has offered dryer  
safety advice



## Tumble dryer safety advice:

THE fire service recommends the following tumble dryer safety advice:

- Always follow the manufacturer's instructions.
- Don't use tumble dryers at night or while unattended.
- Clean the filters after each use to ensure they do not become blocked with fluff.
- Items should be removed from the dryer immediately after the cycle and

shaken loose to assist cooling.

- Ensure that the appliance has its own plug socket. Do not overload extension leads. Ensure that no more than 13 amps are in any one plug socket.

■ Essex County Fire and Rescue Service provide free smoke alarms to anyone living in Essex. To arrange a home safety visit call: 0300 303 0088 or online at [essex-fire.gov.uk](http://essex-fire.gov.uk)

# Blaze leaves Emma and her family homeless

By ELLIOT HAWKINS

[elliott.hawkins@reachplc.com](mailto:elliott.hawkins@reachplc.com)

FOLLOWING a devastating fire, Emma Pickering's life has been turned upside down.

The Harlow mum of five was at home with her family on Sunday, November 4, as the fire ripped through her house, leaving the downstairs in ruins.

Emma, her boyfriend and four children managed to escape unharmed, but the family has been left homeless and in desperate need of support.

Living with an ovarian tumour, relying on food banks for her children's meals and having to cope without home insurance, Emma now has to rebuild her family's life in whatever way she can.

At around 3pm on Sunday, a fire broke out in the tumble dryer and quickly spread through the house.

Having only just had enough time to escape, Emma, 45, and her family watched as flames destroyed much of the downstairs.

Emma, 45, was left staring at the blaze, unable to comprehend what was happening.

She said: "I was in bed asleep because I'm not well. Three of my daughters were upstairs, my boyfriend was in the lounge watching football and my other daughter was dancing around the kitchen."

"Alexandra shouted that she could smell burning. With that I was out of bed and down the stairs, as were my daughters."

"As we went towards the tumble dryer we could see the top part where the electrics are and there was thick, black smoke pouring out of the front."

"I pulled the water drawer out and with that all the flames came up. Charlotte, my eldest, got the rest of the girls out of the house and called the fire brigade."

"As I got to the front door flames were bursting out of the utility window, and as I got to the other side of the road where everyone was, the windows exploded out."

"I was beside myself shaking, by then all of the neighbours had come out and they'd taken the little ones inside because I didn't want them to be traumatised any more."

"I was shaking, holding onto my eldest and we were both sobbing. We were staring at the flames and it was just unbelievable, it was all a bit surreal. You know what's happening but you can't comprehend it."

"I haven't got any house insurance because it lapsed on October 11, and all I could think about was 'what am I going to do?' All the rooms are smoke damaged but if the fire brigade hadn't got here when they did and doused everything with water, then the whole house would have gone up."

Firefighters were able to extinguish the blaze before it reached the upstairs of the house.

“

We were staring at the flames and it was just unbelievable, it was all a bit surreal.

Emma Pickering

Their quick response to the fire saved Emma from losing the entirety of her home.

A spokesperson for Essex Fire and Rescue Service said: "When fire crews arrived they reported the fire was in the ground floor of the house. Fire crews managed to quickly extinguish the fire. The property has been badly damaged, and the house is not habitable."

"Incidents like this show how important it is to take extra care when using tumble dryers."

Emma lives with her boyfriend, Jamie, and her four girls, Charlotte, 18, Francesca, 12, Alexandra, 10, and Georgiana, 8. They are currently staying with a friend, Julie, in a two-bedroom house in Old Harlow.

Seven people are having to live under the same roof and life has become extremely difficult for them.

Emma said: "It's a little bit cramped but the kids are settled there, they're happy. They've had sleepovers there before so they're used to being there. We've got a double mattress now, before we were all on air beds."

"The two little ones are in with Julie, two girls are in the spare room and I'm on a double mattress downstairs."

"It's really hard because we've gone from a four-bed detached house with three bathrooms. Being five girls, having three bathrooms was just about adequate and Julie's only got one."

"So in the morning it's a bit of a challenge, especially if one's in the shower and we're all queueing to get in and then out of the house."

"I've got to travel now to get them to school whereas before we could just walk. We're having to leave home really early, although the school's been brilliant."

"But the girls are looking at it as an adventure at the moment and we're trying to keep them upbeat."



**Contract for Catering opportunity at Bishops Stortford Golf Club**  
Bishops Stortford Golf Club is a Private Members Club, established in 1910 and now has over 1000 members and is one of the leading Clubs in Hertfordshire.

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For further information and a Tender Document, please contact Judy Barker, Secretary/Manager.

*Closing date 3rd December 2018 with interviews being held on the 10th December 2018*

Bishops Stortford Golf Club, Dunmow Road,  
Bishops Stortford, Herts. CM23 5HP.

**Email: [manager@bsgc.co.uk](mailto:manager@bsgc.co.uk)**





Emma and Charlotte Pickering

times struggled to find enough money to feed her children.

"Because of being on an employment and support allowance (ESA) and money being low I haven't been able to pay for things like my house and life insurance," she said.

"We don't even have enough money to eat some weeks, I've been having to rely on the food bank just to be able to feed the kids so it's been really hard.

"I can't do as much with the kids as I would want to. I get tired really quickly because of the medication and I'm not sleeping because of the pain.

"It's not really working and the sleeping tablets aren't either. It is having an impact on my life but the girls have been brilliant. They come and snuggle with me if I have to lie on the bed.

"At the end of the day we're all out safe and sound and we're all together. We all keep each other positive and sane and we're just supporting each other so I'm just grateful that we're all OK."

Emma is now waiting to find out the full extent of the damage before she can think about sorting out the repairs. It's feared work could take months to complete, and with so much lost, the time to adapt to the change will be significantly longer.

With no home and with many of the family's belongings lost to the fire, Emma is now relying on the kindness of friends, family and even strangers to build her life back up.

Dawn Pell Mason, one of her closet friends, has set up a crowdfunding page to try to raise money for the family. The JustGiving site is aiming to raise £20,000 to go towards repair work for the family home in Albert Gardens, Harlow.

More than £1,600 has been raised so far, and Emma is overwhelmed with the support.

She said: "On Sunday when I was staring at the fire wondering what I was going to do, that's all I could think about.

"The response and the support that I've had has been so overwhelming. My friends have taken over the crowdfunding page and my Facebook because I couldn't manage it all.

"I've got friends generating raffle prizes and there are people that I don't even know fundraising and organising events for me and people are dropping bags of clothes off for us.

"Strangers are donating to us and it's unbelievable, I'm so grateful and words can't describe how thankful I am. We have nothing left in there to salvage so the girls and I are so grateful for every little thing they're donating, it moves me to tears.

"I was born and raised in Harlow, all my 45 years I've been here. The kids have all been brought up here too. I know a lot of parents and kids but the response has been absolutely amazing.



The house was severely damaged by the fire



Emma's friends, from left, Dawn Mason, Emma Pickering, Lisa Bannister and Natasha Damir

because they've been bursting into tears and they're distraught."

The last few years have been tough for Emma. Two years ago she discovered she had an ovarian tumour.

Although it's currently benign, Emma needs a major operation to remove it. But events in the past 18 months have put everything on hold.

In July last year, Emma developed peritonitis after her appendix burst, and she almost lost her life.

"Last year I was scheduled for surgery to remove my tumour but unfortunately I had peritonitis," she said. "My appendix had burst and I ended up in hospital. I crashed three times and I had to be resuscitated, and I had to stay in hospital for three weeks.

"I was bedbound until January this year. I've just been getting myself better and stronger in order to have the full hysterectomy and now the fire's broken out."

Because of her condition, Emma hasn't been allowed to work. She's been living on benefits and has some-

## Christmas Fair

**Saturday 17th November**

**10am-12pm**

**St Andrews Methodist Church**

**The Stow, Harlow**

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**Books • Children's Toys**

**Father Christmas • Etc.**

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## News



The plaque in the Water Gardens to commemorate the centenary of the end of World War I

By **CHARLOTTE PAGE**

charlotte.page@reachplc.com  
@journopage

TWO life-size silhouettes of soldiers in honour of the 128 men from Harlow who died in World War I have been unveiled.

Harlow Council and HTS (Property and Environment) Ltd. purchased the 'There But Not There' statues in honour of the men from Harlow killed in or who succumbed to illness during WWI.

Around 700 men from the area served in the armed forces in the First World War.

The poignant Tommy silhouettes were unveiled in the Water Gardens by Chairwoman of Harlow Council, Councillor Maggie Hulcoop, and Vice-Chairman Councillor Clive Souter on Friday.

They were joined by members of the Harlow WWI project group who came up with the idea to bring the silhouettes to town as part of marking the end of the centenary of the First World War.

Before the unveiling, the names of all 128 soldiers were read out by members of the group and representatives from HTS, Harlow Council and The Water Gardens.

The silhouettes will stand proud

“They will all forever be in our hearts and we will never forget what they have done for us.”

Cllr Maggie Hulcoop

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# Town pays respects in honour of the Fallen

in the Water Gardens for 128 days and then be placed in other areas and buildings around the town to honour Harlow's war dead.

Funds raised from the sale of the statues contributes directly to the work carried out by charities which benefit ex-service veterans and their loved ones.

Hundreds of people gathered on Sunday to pay their respects to our fallen soldiers around the memorial cross in Harlow Town Park, before falling silent at 11am.

Churches across Harlow also rang their bells to mark the end of the First World War centenary.

Cllr Hulcoop said: "There was a huge turnout from the community who wanted to pay their respects as we marked the centenary of the end of the First World War.

"It was a proud and poignant day for Harlow.

"Around 700 men from the Harlow area served in the armed forces during the First World War.

"Sadly 128 were killed in action or succumbed to illness after the war.

"We remembered them on Sunday and all those from Harlow who have served in the armed forces and are no longer with us.

"They will all forever be in our

hearts and we will never forget what they have done for us."

The town's also went back in time to honour the 100th anniversary, with pupils at Little Parndon Primary Academy dressing in red and staff in black to stand as a poppy.

A drone flew overhead to capture the moment as pupils and staff showed their respects and bowed their heads in a two-minute silence.

Jackie Diggle, co-head of school, said: "Our school council came up with the idea as they wanted to show how we felt as a school community.

"Parents have also commented on the respect the pupils have shown towards this commemorative occasion."

In Harlow a group of residents, community groups and councillors have been working together to mark the centenary of the First World War from 2014-2018.

Many events have been held during the centenary and the group has produced a register of the 128 men from Harlow who lost their lives.

The book can be read online at [harlow.gov.uk/ww1](http://harlow.gov.uk/ww1)

The group is grateful for the support and assistance from Harlow Council, HTS and The Water Gardens.

Chair of Harlow Council  
Councillor Maggie Hulcoop and  
Vice-Chair of Harlow Council  
Councillor Clive Souter



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## News

# Labour hold onto seats at election



Jodi Dunne and Shannon Jezzard celebrate with Labour supporters

## CELEBRATIONS AS PARTY EXTENDS ITS SHARE OF THE VOTE IN TWO WARDS

By CHARLOTTE PAGE

charlotte.page@reachplc.com @journopage

HARLOW Labour Party has held two wards following a by-election.

The by-election for the Bush Fair and Netteswell wards came following the resignation of former councillors Ian Beckett and Waida Forman.

The election, held last Thursday, saw Jodi Dunne elected for Bush Fair and Shannon Jezzard for Netteswell.

Figures from Britain Elects report that Labour in Bush Fair took 45 per cent of the vote - an increase of 5.6 per cent, while in Netteswell Labour took 50.2 per cent of the vote - an increase of 2.5 per cent.

Leader of Harlow Council, Mark Ingall, said: "These were unequivocal wins by Harlow Labour that clearly show the value our residents place on the hard work we are doing to maintain services and manage the council's finances in these challenging times."

"With ongoing cuts from central government funding and the uncertainty of Brexit we cannot afford to be complacent, but Harlow Labour's track

record of prudent financial management combined with our exciting plans for the future which include more housing, better jobs and a regenerated town centre, helped win these elections for us."

Newly-elected Mr Dunne said he was "proud and honoured to represent the town he has lived and worked in his whole life on the council".

Meanwhile Ms Jezzard, who is one of the youngest on the council, promised to bring energy, commitment and a passion for social justice to the job of councillor.

Both thanked the residents of the wards they won for their support and undertook to represent and help every resident - regardless of how they voted.

Cllr Ingall added: "It's exciting to see new faces on the council and I'm proud that we continue to reflect the diversity of the town we represent, particularly in Shannon who is one of the youngest people we have had on the council."

"She will ensure that the voice of Harlow's young people is heard and considered in every decision we make."



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## News



Shaun Morris was caught out by online predator hunters

# Man sent photos to 13-year-olds

**40-YEAR-OLD CAUGHT BY VIGILANTE GROUP THOUGHT HE WAS TALKING TO TEENS**

**By ALASDAIR HOOPER**

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@adjhooper1992

A HARLOW man sent pictures of his penis to someone he believed was a 13-year-old-girl.

Earlier this year Shaun Morris, 41, attempted to engage in sexual conversations with two 13-year-old girls and sent pictures of himself as well as his penis.

The conversations he initiated with the first girl occurred between January 2 and January 8 of this year, and made other attempts at the end of January and in March.

Morris then had gratuitous conversations with a second 13-year-old between February 10 and 17.

However, unbeknown to the 41-year-old, of The Lawn in Harlow, the two 13-year-olds were profiles set up by an online predator hunting group, Soloceptors.

Morris' first engagement with the person he believed was a 13-year-old girl began at the start of January when he messaged the decoy on an online app with his personal profile, named Shaun M.

According to prosecutor Charlotte Davison, Morris started the chat by telling the fake 13-year-old "hi you

look nice". The girl, who was in fact one of the adult online hunters, replied and told him that she was 13.

Throughout that day the 41-year-old continued to exchange messages with the online profile including telling the 13-year-old that he was trying to behave himself while talking to her, before blaming it on his "horny thoughts."

After the 'girl' explained she didn't know what horny meant, Morris said that it meant sexual.

Morris continued engaging with the '13-year-old' online before asking her if she had ever seen a penis in person.

The following day he then said that he could show her his penis and that it would be their secret.

After the 'girl' replied that she was scared to see it Morris then sent a picture of his own penis.

The conversations between them continued until January 7 - with

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## Man dies after he collapses

A MAN died in Harlow after collapsing near a field.

Police and paramedics were called to an area near Water Lane shortly before noon on Tuesday, November 14.

The Essex and Herts Air Ambulance also attended and landed in a field known as Pardon Brook.

Paramedics attended following reports that a man had been found unconscious just off Water Lane and he was pronounced dead at the scene.

A spokeswoman for the East of England Ambulance Service said: "The East of England Ambulance Service was called on Tuesday at 11.47am to reports of a man who was unconscious off Water Lane in Harlow.

"A rapid response vehicle, an ambulance crew, an ambulance officer and the air ambulance from Essex and Herts Air Ambulance (EHAAT) were sent to help.

"At the scene, the patient was in cardiac arrest. Despite their best efforts the patient sadly died."

Shaun Morris sent a photograph of his penis to a young girl



“

I have had the advantage of seeing in detail a lot about you and your background.

Judge David Turner

Morris also adding that had the two been closer he would have brought her an umbrella to stop her getting wet in the rain.

The messages then stopped between them though he tried to initiate contact again at the end of the month and again in March.

Prosecutor Ms Davison then proceeded to read out the second encounter to Chelmsford Crown Court at Morris' sentencing hearing on Monday.

She also added that the 41-year-old had put the behaviour down to being in a "cannabis-infused haze".

The second online profile was also a decoy 13-year-old girl - this time from Sheffield - and Morris began messaging her on February 10.

This decoy immediately replied that she was 13 and, again, Morris mentioned that he was 40.

On February 12 he told her if she was closer he would offer to teach her how to kiss a boy.

He then told her that if she was a year older, sex would not be an issue and - once she reiterated that she was 13.

Later on he then sent another picture of his penis.

Morris was finally caught after the online predator hunters tracked his home address and confronted him on the street - filming the whole thing and posting it online.

In the dock during his sentencing hearing at Chelmsford Crown Court, Morris stared down at the floor as Emma Davenport, defending, rose to address Judge David Turner QC.

During mitigation she explained that

Morris suffered a multitude of complex mental health issues, including mental health problems, a speech impediment and anxiety.

She said: "He did make full admissions in interview as to the fact that he sent these messages but he couldn't accept the logic behind that. He did plead guilty at the lower court and he does have desperate anxieties and problems with the neighbours."

Following the hearing at Chelmsford Crown Court on Monday, November 12, Judge Turner decided to spare Morris jail on the two counts in attempting to cause a child under 13 to engage in sexual conversations.

Morris was given concurrent six month jail terms for each offence, suspended for two years, 50 rehabilitation requirement days and 80 hours unpaid work.

An application for a Sexual Harm Prevention Order was also approved for seven years and will also be on the sex offenders notification register for seven years.

"Thankfully there was no real or live child involved," said Judge Turner while sentencing.

"On the contrary you have been set up by people who have taken on the responsibility of being what they sometimes call online predator catchers. You were in contact with two adults who were taking it upon themselves the responsibility of trying to track and then trap people doing exactly what you were doing.

"I have had the advantage of seeing in a great deal of detail a lot about you and your background.

"That paints a picture of what is a rather sad and vulnerable person."

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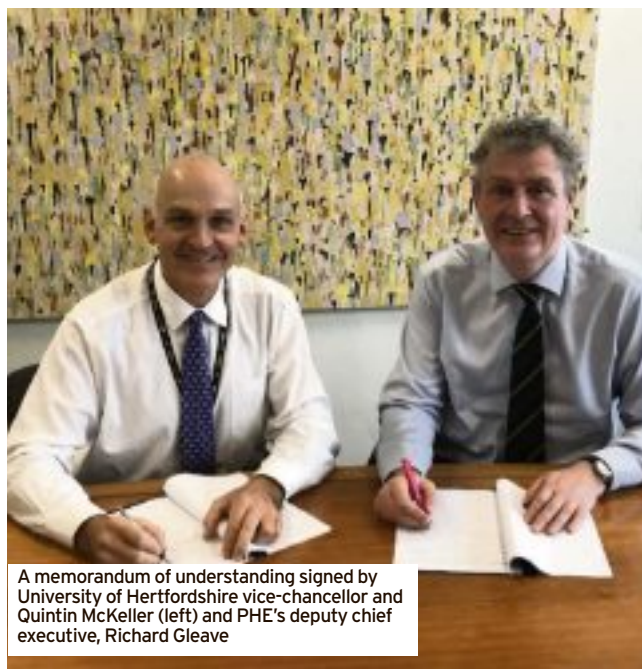
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## News



A memorandum of understanding signed by University of Hertfordshire vice-chancellor and Quintin McKeller (left) and PHE's deputy chief executive, Richard Gleave

# Science campus will be boost for jobs and training

## SITE OPERATOR AGREES TO BE GOOD A NEIGHBOUR

By **CHARLOTTE PAGE**

charlotte.page@reachplc.com  
@journalpage

PUBLIC Health England (PHE) has passed another major milestone in its plans to create a £450 million world-leading public health science

campus in Harlow.

The latest agreement signed between PHE, Harlow District Council and Essex County Council will bring a major boost to local jobs following the consent given to outline planning permission last

December.

The approval was conditional on a legal planning agreement called a Section 106 agreement.

The agreement has been drawn up in a way to confirm PHE's long term commitment to the town and surrounding area and its determination to be a good neighbour to the local community.

The Section 106 agreement ensures that PHE commits to contributions to early childcare totalling almost £2million in a phased process.

This will pay for the increased impact of PHE staff moving to Harlow and create additional employment in the area.

A local employment group will also be set up by PHE for key stakeholders, including constructors, Jobcentre Plus

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and Harlow College.

This group will act once construction commences and run through to PHE being fully operational.

Significant employment opportunities will also be available with construction jobs on the PHE Harlow site being made available to local job seekers.

Local school children will work on

a science-themed public art scheme that will add to Harlow's existing sculpture trail.

PHE's deputy chief executive, Richard Gleave, said: "The consent we were given in December was always subject to us signing this Section 106 agreement so we are delighted to have reached and passed that milestone.

"Ever since we announced we were planning to move to Harlow we have looked at a long term relationship with PHE being at the heart of the Harlow community.

"We hope the signing of this agreement confirms that commitment.

"It will give a major boost to jobs and training locally and ensure that we cover any impact of our move on

early years learning and childcare in the area.

"It is another stepping stone on PHE's journey to our new public health science campus in Harlow.

"At the same time the new state-of-the-art facilities will help secure PHE's role as a global leader in applying cutting-edge science and research to protect and improve the public health through the next generation."

Brian Keane, managing director of Harlow Council, added: "This agreement is great news for Harlow and we are delighted that it will bring a variety of new jobs for local people.

"The agreement forms a key part of creating Harlow's tomorrow and is an important element of the regeneration that is planned for the town.

"We are looking forward to a long and mutually beneficial relationship with PHE."

PHE has also further strengthened its links with local higher and further education providers by signing a memorandum of understanding with the University of Hertfordshire.

This agreement intends to build on the existing collaborations between the two organisations - especially around education, training, research and development.

Opportunities being explored include the exchange of students, staff and joint research projects.

The signing, made on November 12, was by PHE's Mr Gleave and the university's vice-chancellor, Quintin McKellar.

The signing follows similar agreements made with the universities of Essex, Anglia Ruskin, as well as Harlow College.

Mr Gleave continued: "Our plans for Harlow are ambitious because we're determined to create a campus which allows us to deliver even more of our world-leading public health science.

"To achieve that we need to cast an eye to the future and ensure we have the scientists to achieve that aim.

"Working with partners such as the University of Hertfordshire and collaborating on the areas we have identified will allow us to do that.

"We are particularly excited at the opportunities to develop the highest degree for experienced public health professionals and hope this is the start of a long and fruitful partnership which is mutually beneficial for both organisations."

Professor Quintin McKellar said: "The university has a long history of working in partnership with Public Health England and I'm delighted we will carry on working together to deliver excellence in healthcare and science.

"We are proud of our strong professional partnerships which offer key workplace engagement to enhance graduate employability and this agreement will strengthen our relationship with Public Health England by increasing our collaboration in areas such as workforce development, education, leadership and research."



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## News

# The countdown to Christmas begins...

## STREETS TO LIGHT UP WITH FESTIVE CHEER

By **CHARLOTTE PAGE**

charlotte.page@reachplc.com  
@journopage

THE Christmas lights will be turned on in Harlow Town Centre this Saturday.

To celebrate there will be a programme of exciting activities throughout the day, organised by Harlow Council, The Harvey Centre and The Water Gardens.

The Harvey Centre will start the festivities at 11am with a comedy Christmas launch event featuring a host of special guests and live entertainment including from Sister Ruth - the singing nun.

Children will be able to visit Father Christmas in his grotto.

Also back by popular demand is the opportunity for children to become Santa's little helpers at a free



Santa's grotto will be open

workshop where they can make their own elf costume.

Workshops run from noon to 1.30pm and 2pm to 3.30pm.

Meanwhile, Harlow's very first Makers Market will be taking place

in Market Square until 4pm.

A range of local makers will be offering unique hand-crafted products, from wooden garden ornaments, baked goods and homemade cards to knitwear, jewellery, preserves and chutneys, and ceramics.

At 4pm, the festive procession will begin through Broad Walk - led by the cast of this year's pantomime, Aladdin, Santa and his special friends, and the Pets' Corner reindeer.

Santa and his friends will set off from the Harvey Centre, into Broad Walk and down towards the Christmas tree, where the countdown will begin and the Broad Walk Christmas lights will be switched on.

The Water Gardens will be putting on its own festive show from 4pm until 6pm, which will feature live



The Water Gardens will light up for the occasion

music and mulled wine before the lights are switched on at 5pm.

Children can also have their faces painted while enjoying a candy cane or two.

Centre manager Simon Plumb said: "We are thrilled to mark Christmas at the Water Gardens with our

annual light switch on.

"This event is always a huge success and this year we have even more acts and entertainment planned than ever before.

"We hope to welcome new and existing customers to the Water Gardens for a spectacular evening."

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Representative Finance Example

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£219**	£219	£600*	£15,540	£14,721	NIL
TOTAL AMOUNT PAYABLE	OPTIONAL FINAL PAYMENT	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST (APPROX)	REPRESENTATIVE
£17,145	£6,033	5,000*	48 MONTHS	3.83%	3.9%



**BRAND NEW VAUXHALL GRANDLAND X**  
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Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	FINANCE DEPOSIT ALLOWANCE	CASH PRICE	AMOUNT OF CREDIT	FEES
£249**	£249	£1,700*	£21,442	£19,493	NIL
TOTAL AMOUNT PAYABLE	OPTIONAL FINAL PAYMENT	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST (APPROX)	REPRESENTATIVE
£23,722	£10,070	5,000*	48 MONTHS	3.83%	3.9%

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# YOUR VIEWS

## LETTERS

### 'We need to stop the roll out of Universal Credit'

COMMENTING on Alok Sharma MP, Minister for Employment's visit to Harlow Job Centre, Laura McAlpine said: "Whilst it's true that the staff at Harlow Job Centre are doing extraordinary work, Mr Sharma's claims that Universal Credit is making a really positive difference to people's lives, are without foundation"

"It is astonishing that he and his colleagues in the Conservative Party continue to ignore the evidence that Universal Credit is forcing people into debt and is leaving some people with no option but to turn to food banks to survive."

Harlow Foodbank have said: "With the implementation of Universal Credit in Harlow in July 2017 we continue to see an increase in the number of local people needing the support of Harlow Foodbank. Foodbank referrals in Harlow were up by 34% (1,044 people) last year (April 17-March 18) and already this year (Apr-June 18) they are up by 31% (235 people). These increases have put an alarming strain on both our human resources and food stocks so we would ask our supporters to continue with their food and financial donations which will help us ensure we can continue to support local people in crisis."

On October 4 The Foodbank Facebook Page published a message from a client: "The foodbank has been an extremely brilliant help for me this month. I only received a tiny amount from Universal Credit recently and I was down to one

packet of spaghetti to last me for nine days. I was slightly depressed when I entered here (foodbank satellite centre). Since leaving I can't stop smiling and being completely thankful. Thank you very much indeed."

It was reported that The DWP's own survey found that 40% of people were experiencing financial difficulties eight or nine months into their Universal Credit claim, and work and pensions secretary Esther McVey recently admitted the roll out would leave "some people worse off".

The Government must act immediately and stop the roll out now. Only the Labour Party will ensure that our social security system supports all of us in our time of need and genuinely lifts people out of poverty.

**George Elcock**  
Harlow Labour Organiser

“

The Government must act immediately and stop the roll out now.

**George Elcock**

### Bowel Cancer Decembeard

JIM Rosenthal is calling on dads, brothers, sons, nephews, grandads and uncles to grow a beard this December and raise money for Bowel Cancer UK.

All you need to do is clean shave on November 30 and let your facial fuzz grow throughout the month. Already bearded? No problem. Dye, ditch or decorate your beard and join the campaign.

Bowel cancer is the third most common cancer in men and the second biggest cancer killer in the UK.

Grow a beard this December and raise funds to support vital services and lifesaving research. Sign up at [bowelcanceruk.org.uk/decembeard](http://bowelcanceruk.org.uk/decembeard)

**Jim Rosenthal**  
Sports broadcaster

## PHOTO OF THE WEEK

Macro insect shots taken around Passmores House in Harlow by Herts and Essex Tog Squad member Kristaps Abeinieksx

## WEBCHAT

### TESSUTI TO REPLACE FORMER HARLOW DOROTHY PERKINS AND EVANS

I'd never heard of it so i peeked at their website saw £35 for a beanie hat! i'll stick with in Primark.

**Victoria Rowley**

Do some nice stuff, can be a bit pricey though.

**Tony Andrews**

Shops like that are ok for people who have money to waste.

**Sheila Palmer**

Any bets on how long they last in Harlow?

**Steve Evans**

Could think of better shops the town would benefit from.

**Tracie Lavery**

Open by Xmas shut by new year.

Seriously?

Lovely a nice shop in town.

Better then another food outlet.

Won't be there long.

**Jannine Louise**

**Tracy Careless**

**Louise Barnard**

**Jessica Oliver**

**Clair Salmons Humphrey**

## OUR POLICY

■ Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words.

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# Robert Halfon

## MP FOR HARLOW

THIS month, I've been working hard to bring the government's attention to Harlow's desperate need for a new hospital. On November 5, I presented my third debate to the house of commons, to express why we need the capital funding for a new health campus.

Whilst the staff at Princess Alexandra Hospital have worked incredibly hard to bring the hospital out of special measures, the building itself is deteriorating under the pressure of an influx of patients around West Essex. Built in 1966, the hospital now serves over 350,000 people, and we have one of the busiest A&E departments in England.

In my debate, I urged the government to utilise some of the £20.5 billion promised to the NHS in the recent budget to help fund a new health campus that would bring together A&E services, GP provision, social care, physiotherapy and a new ambulance hub.

I want to see the hospital able to capitalise on the expertise when Public Health England make their move to Harlow, and continue in our plight to become the science health skills capital of England, but the hospital needs facilities fit for the 21st century, in order to do so.

This Autumn also marked the announcement of the government's spending plans. I strongly welcome this budget - it is one for the hard working families in Harlow, helping to cut the cost of living.

My campaign to freeze fuel duty was supported by the Chancellor, ensuring that petrol prices will be



kept down for the ninth year running, saving the average Harlow motorist £1,000 per year. Beer, cider and spirits duty has also been frozen, allowing us to continue support our great Harlow pubs!

The National Living Wage has also increased by close to 5 per cent and the Personal Tax

Allowance has increased to £12,500, meaning less out of workers' pay packets and up to £820 more into them a year.

On top of the additional funding for the NHS, £2 billion has been allocated to mental health provisions in schools and A&E units - a great step from the Government into tackling those illnesses we cannot see.

I was saddened to hear of the events in Woking Park in Surrey recently, where eight children fell from an inflatable slide at a fireworks display. Many of us will have been reminded of the tragic loss of Summer Grant, a beautiful young girl in Harlow in 2016.

In the wake of these events, I am reiterating my urge to the Government that they should have a temporary ban on inflatables and bouncy castles in public places until all the regulations we know have been updated and I am delighted to have the support from Harlow Council on this. These accidents are entirely preventable and I want to ensure that fairgrounds are restored to being a happy, safe environment for families.

As ever, you can keep up to date with all my news on my Facebook page (Robert H Halfon), Twitter (@halfon4harlowMP) and Instagram (@halfon4harlowmp).

## Here's what you've been talking about on Facebook this week

Too classy for Harlow.

**Tim Davis**

Happy belated birthday Ivy from an old friend of the family x

**Gary Gough**

Give it 6 months.

**Keith Knight**

Happy birthday Ivy. I have fond memories of you from Living next door to you x

**Donna Hope**

**HARLOW GREAT-GRANDMOTHER AND ANIMAL LOVER CELEBRATES 102ND BIRTHDAY**

Happy birthday Ivy keep smiling.

**Louise Oliver**

What a grand lady well done Ivy happy birthday xxx

**Edna Symes**

**LIVE: M11 CLOSED AFTER LORRY CRASHES AND OVERTURNS BY M25 INTERCHANGE**

Was just reading about this! Problems on A12 &amp; A13 as well.

**Linda Horan**

Hope the driver is ok.

**Julie Wright**

Every day its chaos.

Oh Dear!

**Janet Piper****Pauline Quant**

**RYANAIR'S BAGGAGE POLICY HAS CHANGED AGAIN - HERE'S WHAT YOU NEED TO KNOW**

Think I will give Ryanair a miss next year.

**Sue Cremin**

**EPPING TEENS ARRESTED AFTER 'THROWING FIREWORKS AT PEOPLE AND SHOPS'**

Something has seriously got to be done about the sale of fireworks.

**Chloe Stevens**

A friend who lives in Ongar told me youths had thrown a Firework at a Pram... shops should not sell until the 3rd or 4th November.

**Nigel Pittey**

# YOUR EDUCATION NEWS

## MP highlights need for investment in teaching youngsters STEM skills

HARLOW MP Robert Halfon has called for companies to invest in STEM skills, creating a ladder of opportunity for young people, as the digital revolution continues.

He said: "In September, a giant of the scientific world, Sir Charles Kao, died aged 84. Known as the Father of Fibre Optics, Sir Charles was the first person to really get to grips with the little glass threads that have come to shape so much of the world we live in today - including the internet.

"He was born in Shanghai and died in Hong Kong. But it was right here in Harlow at the old Standard Telecommunication Laboratories that some of his most renowned work took place.

"The site of these old laboratories now has a new purpose. Kao Park - named after Sir Charles - is now a space where the worlds of innovation and business collide. The park has attracted some of our best and brightest businesses in the past few years and they are all here to invest in people, skills and our local community.

"One such local business is Raytheon UK, a leading technological innovation company specialising in defence, civil government and cyber solutions. They have over 500 employees working in Kao Park - and have been a longstanding supporter of our local economy, investing in skills and enterprise in our town for over fifty years.

"That is why I was so encouraged to see that last week, Raytheon UK gifted £15,000 to Harlow's Science Alive Centre. I went along to the event where it was brilliant to see so many children enjoying themselves. It is investment from companies like



Raytheon UK backs Science Alive Centre in STEM offer to the local community

Raytheon that will help our young people develop their Science, Technology, Engineering and Maths (STEM) skills - something which will help them take their first steps on the ladder of opportunity.

"This centre provides community learning and cultural services to people in our town but alongside these places, we also need the people committed to this vision. And the Science Alive Centre certainly has this with the indomitable Sharon Davies, the operational manager there. Our communities need more people like her.

"Raytheon's investment has kept

this centre alive and alongside this they also gifted a flight simulator. Do go and visit the centre to try it out for yourself.

"Investments like Raytheon's serve a dual purpose. Not only do they continue a steady stream of business-led investment in our local area, and our local community. They also inspire young people to get involved with the kind of things that make a career in STEM subjects so exciting. And getting more people interested in STEM subjects is of absolute importance for our country's future. There is a digital revolution happening around us. The way

we do things is changing - and technology is showing no signs of letting up. At a recent Education Select Committee meeting in Parliament, which I chair, a robot called Pepper answered questions put to it by the panel, giving us a small taste of what lies before us. It was incredible.

"Through my work on the committee, I am constantly reminded of how the UK is in danger of falling behind in this digital revolution. Those who study STEM subjects - meaning those who will go on to be the skilled scientists, engineers and mathematicians of the future - will be at the cusp of making sure this

does not happen. We need to do everything we can to create this ladder of opportunity for them.

"So that's why investments like Raytheon's in our local community are so important. They will inspire the next generation - including those who are currently underrepresented or struggling to break through. I have seen the impact Raytheon's investment has had in Harlow. We need to close our STEM skills gap as the digital revolution continues to make strides. And you never know, as we do this, we might just produce the next Sir Charles Kao too."

## Academy vows to offer extra help to its students

THE education of children attending Harlow's newest secondary school will be enriched with an extra hour of opportunity each day.

Sir Frederick Gibberd College is being opened by Burnt Mill Academy Trust (BMAT) to provide a solution to the critical shortage of school places in the town by 2019.

A major focus within the curriculum will be the EBACC subjects of English, maths, science, history, geography and languages. PE and reading will also be important aspects of school life, with pupils having dedicated time during the week for these activities.

Research shows healthy living and reading widely have a huge impact on everything inside and outside of school.

At 3pm each day, Key Stage 3 students will be given opportunities to extend their learning and broaden their horizons, with extension classes for the more able, catch-up classes for those needing extra support, plus homework and reading sessions. Students in Key Stage 4 and Key Stage 5 studying for their GCSEs and A Levels will have the opportunity to stay beyond 4pm to further study for their qualifications.

Every Friday, the last hour will be dedicated to enrichment, with staff and students taking part in clubs they can select each half-term.

As with other BMAT secondary schools, Saturday and holiday school will also offer enrichment activities alongside academic studies, plus English and maths extension and catch-up classes.

Dee Conlon, head of school, said: "Many schools, primary and secondary, already operate an extended day and have seen the benefits.

"At SFG, we have designed our school day to offer more

personalised support and create opportunities for students to build new skills and interests that they will pursue throughout their

lives, and to offer activities that will develop them both academically and personally."

A fully functioning temporary school building next to Burnt Mill Academy, in First Avenue, will welcome the first cohort of 120 Year 7 students in September 2019.

The two-phase opening will see Year 7 become the first cohort, while the Department for Education builds the new school's permanent home in Tendring Road. When the

school moves to its new building, Sir Frederick Gibberd will offer an academic sixth form for students who aspire to attend Oxbridge and other

Russell Group universities or leading universities in America and Europe.

Sixth formers will be encouraged to complete voluntary and charity work, as well as benefitting from the extra hour's extension and enrichment each day.

For more information or to apply for a place in Year 7, contact the school on 01279 307244 or email info@bmatsfg.org.uk



Group shot of Hip Hop Pop students and Choreographer Andrea Walker after their workshop



## Dancers show their moves at Playhouse

TWENTY-FIVE students aged 13 to 35 at dance school, Hip Hop Pop, recently took part in an hour of sweat, skill and emotion at the Harlow Playhouse.

Taking an hour workshop with one of the UK's top choreographers: Andrea Walker, choreographer of SKIN "SKIN packs an emotional punch, steering Hip-Hop into fresh territory" The Times. In the workshop they mixed Hip Hop and Contemporary dance styles to create a beautiful story telling piece.

After the workshop, Hip Hop Pop students and their families we're WOW'ed by the emotional depth and choreographic creativity of the show: SKIN. SKIN delivers a

powerful message about the struggles of someone who feels they are born into the wrong body, using solely dance, no dialogue the narrative was so clear and clever, Director of Hip Hop Pop Jenny Bater-Sinclair said "It was a masterpiece that provoked you to look deeper into a very current and important subject, all delivered through the creativity of well-choreographed and perfected movement, an absolute pleasure to have witnessed and have our students witness too".

For more information about SKIN: <https://www.201dancecompany.com/skin>  
For more information about Hip Hop Pop or how to get a FREE trial: [www.hiphoppop.net/freetrial](http://www.hiphoppop.net/freetrial)

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# Politician pays visit to school's new library facilities and sensory space

ROBERT Halfon, MP for Harlow, was recently welcomed by Sophie Laing, headteacher at Little Parndon Primary Academy, and opened the academy's brand new library and their Sensory Room.

Robert met with pupils from the academy and had a sit-down discussion with them, asking them what they thought of their new library area.

The pupils were very excited about their new library and talked to Robert about some of their favourite books.

Mr Halfon said: "As a champion of education, I welcome this brand new library facility at Little Parndon as it will encourage the pupils to read which will only help them with their education."

"Reading exercises a child's imagine and develops their creative writing skills to a whole new level."

"Little Parndon's new library is something to

cherish and will make a real, positive difference at the school."

Little Parndon Primary Academy also unveiled their plaque to Robert, marking the library's official opening.

Mr Halfon described having a plaque at the academy as "a real honour".

While at the academy, Robert was also pleased to officially open Little Parndon's new Sensory Room.

Mrs Laing kindly explained that the space would act as a calming area to all pupils who required a safe and quiet space.

"The Sensory Room is astonishing," Mr Halfon remarked.

"The area provides a calming environment for pupils who may find mainstream education challenging."

"The staff at Little Parndon are a real credit and I would like to thank them all for their hard work."



Robert Halfon MP Opens New Library And Sensor Room At Little Parndon Primary Academy



# YOUR COMMUNITY NEWS

## Harlow

■ **JAZZ GIG:** Music at Marigolds on Friday, November 16.

Doors at 7.30pm with The Cadillac Kings at Harlow Cricket Club, Chippingfield, Old Harlow, Essex, CM17 0DJ. Tickets: £10 on the door.

■ **CHRISTMAS FAIR:** Charity Christmas fair raising money for Friends of Keefield, supporting a home for disabled adults in Harlow. Sunday, November 18 from 11am - 3pm at Great Parndon Community Association Centre, Abercrombie Way, Harlow, CM18 6YJ.

Free entry, a range of stalls and refreshments, as well as a grand raffle.

Some stalls still available, please contact Jo Ford on 07850 629154.

■ **CHARITY CHRISTMAS FAIR:** Raising money for Friends of Keefield, supporting a home for disabled adults in Harlow. Sunday, November 18, from 11am to 3pm at Great Parndon Community Association Centre, Abercrombie Way, Harlow, CM18 6YJ.

Free entry, a range of stalls and refreshments, as well as a grand raffle.

Some stalls still available. Contact Jo Ford on 07850 629154.

■ **WALKING FOOTBALL:** 50-plus fitness group. A great way to keep fit newcomers welcome to come along and give it a try £3 per session 3G pitch. Hosted by Paringdon Sports Club. Session times Mondays 4-5pm; Thursdays 10am - 12pm; Sundays 2-3pm.

Please call Dave on 07980 578201 for more details.

■ **CHRISTMAS EXHIBITION:**

Present Arts exhibition until, December 23. Tuesday - Friday 10am - 5pm, Sunday 2 - 4pm.

Maintaining The Gallery's high standard, the emphasis in the Christmas exhibition is on works of art which are affordable.

Artists who have studios at the Mill are represented along with regular exhibitors, showing artworks in glass, decorative and functional ceramics, textiles, original prints, silver jewellery, paintings and sculpture.

New this year are intriguing etchings, small colourful paintings, and highly useable glassware.

Several artists new to The Gallery will also be included in the exhibition which is a feast for the eye and is a great opportunity to acquire that unique and special present, something new for the home, individual cards, or even handmade decorations for the Christmas tree.

## Hunsdon

■ **PILATES CLASSES:** Mondays 2-3pm at Hunsdon Village Hall. Friendly and welcoming classes.

Pilates helps you achieve a

# Harvey Centre gets into the Christmas spirit with a free day of fun for all the family



The Harvey Centre is set to welcome the start of the festive season

email your news to community@hertsessexnews.co.uk

THE Harvey Centre is set to kick start Christmas with a day of free events and entertainment on Saturday from 11am until 4pm.

Entertainers, including two hilarious kings, will be amusing shoppers of all ages with their gags and ridiculous props.

Joining them will be festive market traders who will be showing off their catalogue of weird gadgets including a sprouting catapult and Christmas cracker safety goggles.

Bringing a further touch of comedy to the event, the Sugar Plump Fairies will be re-interpreting the

famous story of The Nutcracker in their own special way. Plus a musically gifted Elf Band will entertain guests with their traditional songs including Jingle Bell Rock and Winter Wonderland.

They'll even teach shoppers their Elf Shuffle as they get everyone into the Christmas spirit.

An amazing mobile piano will be driven around the centre by a mad-cap "nun" called Sister Ruth. She will stop and entertain people of all ages using comedy banter, hilarious dance moves, facial contortions, sound effects and unusual renditions of some favourite festive songs.

Her tongue-in-cheek comedy act performed on a baby grand piano, built onto an electrically powered vehicle will definitely have the wow factor.

Finally the iconic Granny Turismo duo will be ready to tell tales of the good old days of Christmas past. They will ride their souped-up shopping trolleys, complete with racing car sound effects and festive music, around the centre.

The Harvey Centre will be open until 7pm on Thursday, December 13, and then from Monday, December 17 to Saturday, December 22.

Santa's Grotto is already open.

Bigger and better than ever, it is styled as a giant cookie house.

Bryan Young, centre manager at The Harvey Centre said: "We wanted to make this event a huge success and really mark the beginning of the Christmas season, so we've arranged for a vast array of really fun performances to take place.

"There really will be something for everyone to enjoy and we expect shoppers to spend the whole day with us.

"Our late night shopping should also make things a little easier for our shoppers in the run-up to Christmas."

to take your own lunch.

For more information, call Eva on 01763 288357.

## Sandon

■ **GREEN FINGERS:** Sandon Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm.

If you have an interest in gardening, go along and join.

## Roydon

■ **FITNESS CLASS:** 50-plus fitness group, Move It or Lose it, takes place on Tuesdays from 1.30 to 2.30pm at Roydon Village Hall.

All abilities, men and women welcome. £5 per session. Call 07974 721527 for more information.

In the Village Hall, High Street Orwell from 10am to 4pm.

## Rushden

■ **LACE MAKING:** The Rushden Lace Club meets on the first Monday of the month in the village hall, and all types of lace are made under the expert tuition of Bridget Cook.

Beginners are welcome to join the group, where tea, coffee and biscuits are supplied - although you will need





Robert Halfon with some of the pupils at William Martin C of E Infant and Nursery School

## MP joins youngsters for legacy project

ROBERT Halfon joined over 500 other MPs to plant trees as part of the Queen's Commonwealth Canopy, a network of forest conservation initiatives to mark Her Majesty's lifetime of service to the Commonwealth.

The trees - two silver birch, two rowan, and a hazel - were planted at William Martin C of E Infant and Nursery School.

They were donated to Mr Halfon thanks to a partnership between the Woodland Trust, Sainsbury's and ITV, which in April screened a landmark documentary, The Queen's Green Planet, following the monarch and this ambitious legacy project.

At the heart of the film was a conversation between the Queen and Sir David Attenborough filmed in the gardens of Buckingham

Palace last summer.

In a rare opportunity to see the Queen talking informally to Sir David, the conversation ranged from climate change, to conkers and of course trees, and was watched by 6.4 million viewers, making it ITV's most watched factual programme of the year.

In support of the programme the Woodland Trust provided 50,000 trees for ITV viewers, and via Frank Field MP, who conceived the QCC initiative, also offered a special commemorative pack to every MP in the UK.

Mr Halfon, one of 508 MPs who took up the offer, said: "The Queen's Commonwealth Canopy is a fantastic project to be a part of and I'm so pleased to be sharing it with the pupils and staff at William Martin School.

"The preservation of a natural habitat for so many of our woodland creatures is vital and it's great to raise awareness of this with the residents of Harlow."

Woodland Trust chief executive Beccy Speight said: "We are delighted so many MPs have decided to join us in our bid to plant trees as part of the Queen's Commonwealth Canopy.

"We all need trees. They are a cornerstone of our landscape and countryside, forming an essential and cherished part of our cultural identity.

"They are crucial in improving soil health and water quality, reducing carbon, trapping pollutants, slowing the flow of flood water, sheltering livestock, providing a home for wildlife or a space for us to breathe.

"I hope the residents of Harlow will enjoy watching them flourish as part of this wonderful legacy initiative."

Sainsbury's CEO Mike Coupe said: "As the Woodland Trust's largest corporate partner, we're committed to raising awareness of the importance of the UK's woods and trees, and contributing to their conservation.

I was lucky enough to grow up surrounded by woods, so trees have a particular resonance with me.

"Sainsbury's recently planted its three millionth tree with the Trust, and the thought of being able to get so many more in the ground as part of the Queen's Commonwealth Canopy with the support of so many MPs is an exciting prospect."

New members are always welcome.

Contact chairman John Handley at: johnhandley5@btinternet.com for more.

### Sawbridgeworth

■ **MORRIS MEET:** Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth.

Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going. Musicians also welcome.

Call 01279 723707 or email neilandgillmunro@aol.com or see our Facebook page.

■ **DEMENTIA SUPPORT:** Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with

Dementia, memory loss or mild cognitive impairment as well as their carers.

At The Hailey Centre, 18 Bell Street, Sawbridgeworth CM21 9AS, every Wednesday 9.30 to 11.30am. £5, no charge for carers or NOK.

Public car park next door. To book your place or for more information please call 0300 123 40 44.

You can also simply turn up on the day.

### Standon

■ **CREATIVE LITTLE ONES:** Art, craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1pm and 1.45pm at Standon Village Hall.

Go along and have some creative fun with your little one.

Email Becky to book a free trial at: artexplorers1@gmail.com or visit:

www.artexplorers.co.uk for more information.

■ **TEEN DANCE:** DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time.

No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week.

Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

■ **FIT FOR ALL:** Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted.

Call Denise, your local fitness instructor, for times and classes on 01920 823072 or 07703 277862.

■ **MUSICIANS AND MOVERS:** Put a jingle in your step and become a morris dancer.

Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings.

The mixed side welcomes anyone from 10 years old upwards.

No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed to play.

To find out more, call Catherine on 07808 969379 or email standon.morris@gmail.com

### Widford

■ **PILATES CLASSES:** Mondays 6.45 to 7.45pm and 8 to 9pm. Friendly and welcoming classes.

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## YOUR NEWS

We compile Your Community News pages two weeks in advance of publication. If you want to include a future event please make sure you tell us in plenty of time so that our readers can come along

# TALKING POINT

## Should the UK be spending more on defence?



Should the UK be spending more money on defence?  
LEON NEAL

### THE BIG QUESTION

Does the UK need to spend more on defence?

#### UKIP: Jesse Pryke

UKIP believes that we should not get involved in international conflicts unless it can be clearly shown to be in the national interest. UKIP is committed to NATO for our collective defence.

UKIP expects all NATO members to honour their commitment to contribute a minimum of 2% GDP. UKIP will withdraw the UK from the EU's attempts to create its own armed forces, e.g. through PESCO (Permanent Structured Cooperation), already committed to by the Conservative Government prior to Brexit, and from Mrs May's proposed new EU Security Treaty.

Britain's Royal Navy, Army and Royal Air Force have been so reduced in size that they struggle to meet their commitments. UKIP is committed to adequately funding Britain's armed forces. UKIP will initiate a defence review to consider our future defence requirements and the size and shape of our armed forces. UK manufacturers should get the first call on providing our armed forces and auxiliary services with



equipment. UKIP is committed to maintaining the Trident nuclear deterrent.

In 2017 the UK spent 2.14% of GDP on defence, other EU members of Nato have long been accused of shirking their financial commitment to the military alliance, according to Nato's estimates, only Romania, Poland, Greece and Estonia managed to meet the 2% of GDP target, along with the UK.

The first duty of government is the protection of the nation. Without such investment the UK armed forces' usefulness to the US would be diminished.

#### LABOUR: Chris Vince

THE MOD is expected to spend £193.3 billion on equipment and support costs over the next ten years. This is some £7 billion over its budget. How the MOD make their decisions should be left to the military experts, however, it is clear they will be expected to make savings. My concern is that if the MOD is to come in to line with budget requirements then it is the personnel who will suffer. In terms of investing in our service personnel then I would give an overwhelming 'Yes' to more investment. Many people go into the armed forces at a young age and for a lot of them this is the making of them.

However, what I don't think we invest enough time or money in to is mental health care for our veterans. Clearly going into the theatre of war, or even just training for it, is a huge thing for even the most experienced soldier, pilot, naval officer or even medic. We can see the physical scars going into conflict situations can cause but sometimes the mental ones are not so easy to see. At the



moment I don't think we do enough to help our veterans to readjust to life outside of the armed forces, many of whom are suffering these mental scars, and this I believe is where we need to be making significant investment. Only a couple of weeks ago former Falkland's veteran Gus Hales, now 62, went on a hunger strike in protest about lack of mental health care for former soldiers.

The important roles of any government is to protect the nation, but who is looking after those people who are doing the protecting?

#### GREEN: Ben Harvey



WHILST the UK currently has a treaty commitment to NATO to spend a minimum of 2 per cent of our GDP on defence, as of 2017 we are spending far more than that. We actually spent 2.14 per cent - you might think 0.14 per cent is not that much but it's actually 7 per cent higher than necessary.

A large proportion of that budget is on our nuclear deterrent. The problem with deterrents, and you only have to look at the cold war for confirmation of this, is that it turns into an arms race. One side has 100 nuclear bombs so the other side makes 101, then 102 and so on. Even with the reductions with various agreements since the days of Reagan and Gorbachev, the powers still have enough nuclear weaponry to destroy the planet many times over.

You have to ask what does our country actually need for defence. Russia may want to beat us and the USA to influencing countries around the world, would they invade us? Would Spain invade Gibraltar? Would Argentina invade the Falklands? The answer to all these is no - the world has moved on from the 1980's.

We will always need a well equipped defence force of some kind. But we don't need as much as we have now, let alone more. If tensions were to rise with other countries, with the current world political climate we would have time to re-arm - We have the technology, we can re-build it.

I feel strongly enough to put it on the side of a bus: We spend £770 million a week on defence, let's spend it on the NHS instead.

### WHAT QUESTIONS DO YOU WANT ANSWERED?

Every week we put your questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda

email your  
questions to  
communitynews  
@essexchronicle  
.co.uk



# YOUR CHARITY NEWS

## Hospice the big winner as a £10k rollover jackpot is claimed at last

ST CLARE'S LOTTERY TEAM  
CELEBRATE WHEN TOP PRIZE  
IS SCOOPED AFTER 50 WEEKS

A CHEQUE for a record-breaking £10,000 has been presented to the winner of St Clare Hospice's Lottery rollover.

The jackpot was scooped by a player from Bishop's Stortford who won the top prize on Friday, October 26.

The rollover prize, which hasn't been won for more than 50 weeks, had grown to the maximum of £10,000 before it was won by the lucky supporter, who has asked to remain anonymous.

The last rollover jackpot the St Clare Hospice Lottery awarded was for £9,200 which was won back in October 2017.

It had never previously reached its maximum of £10,000.

The St Clare Hospice Lottery has been running for more than 20 years and currently has more than 15,000 weekly entries, which generate more than £300,000 in profit for the Hastingwood-based hospice every year.

Commenting on the rollover win, St Clare Hospice Lottery manager, Paula Fogg, said: "We are delighted that the rollover has been won, after more than 50 weeks of waiting.

"It had reached a nail-biting stage in St Clare Hospice Lottery HQ as we waited to see whose lucky number would be drawn, so it's

great to have finally found a winner.

"There was a huge round of applause in the fundraising office.

"The rollover will now begin accumulating again, but players always

have the chance to win a guaranteed prize of £1,000 every week.

"You can play our lottery for as little as £4.34 per month, and you will be contributing to a massive £300,000 which we raise in profit for the hospice charity every year. It

really is a win-win. Playing our lottery is a fun way to support your local hospice, and makes a real difference to the lives of people in your community."

If you would like to find out more about playing the St Clare Hospice

Lottery, or sign up yourself, visit their website at: [stclarehospice.org.uk/play-lottery](http://stclarehospice.org.uk/play-lottery).

Alternatively, contact the St Clare Hospice Lottery team on 01279 773755 or email [lottery@stclarehospice.org.uk](mailto:lottery@stclarehospice.org.uk)

email your  
news to  
community  
@hertsessex  
news.co.uk



St Clare presents a record breaking cheque to winner of their lottery

## Pull on your Santa suit, its time for a festive fun run

HAVE you ever felt like joining a group of 200 Father Christmases and Santa-bombing your local town during the festive season?

If this sounds like you, then by happy coincidence your Santa-bombing dreams could all come true as St Clare Hospice hosts its fifth annual Debden 5k Santa Run once again.

St Clare's 2018 Santa Run will take place on Sunday, December 2, and as usual will begin with a giant Santa meet-up at noon outside Geraldine's Hair Fashions hairdresser on The Broadway in Debden.

With the race taking place at 12.30pm, this annual yuletide fundraiser promises to be a lot of fun - with spectators welcome to view this sight to behold

Hundreds of hospice supporters clad in Santa outfits will take to the streets of Debden to spread the festive cheer and raise vital funding for the West Essex and East Herts charity.

Last year the event raised almost £9,000 for St Clare and the event has been steadily growing in popularity annually for the past four years.

This family-friendly event is open

to all. Entry is £12 for adults which includes a Santa suit, and £5 for children. Enter as a team of six for £60.

To book your tickets for the Santa Run, get in touch with the St Clare Community Fundraising Lead Dani De'ath on 01279 773738 or 07718257704 or email [dani@stclarehospice.org.uk](mailto:dani@stclarehospice.org.uk)

Geraldine's Hair Fashions is located at The Broadway, Debden. To find out more about this popular, fun and festive charity event visit the St Clare Hospice website: [stclarehospice.org.uk/event/debden-5k-santa-run](http://stclarehospice.org.uk/event/debden-5k-santa-run)



St Clare's annual Santa Run is just around the corner

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to notify you via email when  
a matching death notice is  
announced. Alerts can be for  
Surname or Town/Area.

Add Tributes

Add tributes of condolence,  
light candles or add a  
picture/video to any notice.



As a member you can save  
any death notice that is  
important to you.

**Register Today**

## Deaths

### DAVID COULSON

The heart & soul of Shenval Press  
Sadly passed away on Monday  
5th November 2018, aged 80

The Funeral Service to be held  
at GreenAcres Epping Forest, Kiln Road,  
North Weald, CM16 6AD  
on Friday 23rd November at 1pm.

Everyone welcome.

Family flowers only please  
but donations, if desired to

The Renal Unit, Broomfield Hospital  
may be sent c/o Daniel Robinson & Sons,  
Wych Elm, Harlow, CM20 1QP  
Tel: 01279 426990

Alternatively, please visit the 'In Memory page'  
at [www.drobinson.co.uk](http://www.drobinson.co.uk)



### Geoffrey Albert GROVES

Formerly of North Grove, Harlow  
Passed away suddenly on Saturday  
20th October 2018, aged 71 years.

A dearly loved Brother and Great Uncle.

Funeral service to take place at  
Parndon Wood Crematorium on  
Thursday 15th November  
2018 at 4.45pm.

Geoffrey was a very charitable man and  
if you would like to make a donation,  
please make it payable to  
"The Royal British Legion"

and send it c/o  
Daniel Robinson & Sons,  
Wych Elm, Harlow, CM20 1QP,  
Tel: 01279 426990

or via the  
"In Memory Donation Page"  
at [www.drobinson.co.uk](http://www.drobinson.co.uk)

### SALLY DIX

Sadly passed away on  
the 29th October 2018.

Deeply loved by all, she  
will be greatly missed  
by all of her family and  
friends. We love you  
forever, until we  
meet again.

Funeral Service to  
take place at Parndon  
Wood Crematorium on  
20th November  
at 1pm and after at  
Paringdon Social Club.  
Family flowers only but  
any donations can be  
given in the Macmillan  
boxes.

Add a picture or video  
on your **mobile**



[funeral-notices.co.uk](http://funeral-notices.co.uk)

### ROY KENNETH HILL

Very Suddenly at Home on 27th October 2018,  
Aged 60 Years. A Beloved Brother, Uncle and  
Great Uncle. He will be Sadly Missed by all who  
knew him. Roy's Funeral Service is to be held on  
Friday 23rd November 2018, At Parndon Wood  
Crematorium Chapel at 1.45p.m. Family Flowers  
only please, For Charitable Donations please  
telephone the Funeral Directors for Details.

All Further Enquiries to Masterson Funeral Home  
Ltd, Independent and Family Owned Funeral  
Directors, Station Road, Old Harlow, Essex.  
CM17 0AS. Tel: 01279 626238

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### John Eaglesfield FOLLOWS

3.1.65 - 31.10.18

Born Barking Essex.

Died peacefully at Basildon University Hospital  
after recent heart problems. John is missed beyond  
words by his wife, Heather, his children,  
Katie and James and his sisters Alicia, Jillian and  
Carolyn, sister-in-law Donna, brother in law Tony,  
his nephews and nieces Max, Ayesha, Laura and  
Hayley, cousin Elizabeth, aunt Cynthia. John will  
be missed by all family and friends who knew him.  
and is especially missed at the Bishops Stortford  
Rugby Club where he was well known  
as a coach, referee and Vice-President and  
the Honourable Artillery Company where he  
worked in the Territorial Army

The funeral service will take place at  
St Mary the Virgin Church Birchanger  
on Monday 19th November at 2.30pm  
Family flowers please but if you would like  
to make a donation then our chosen charities  
are: Essex and Herts Air Ambulance and Earl  
Mountbatten Hospice the Isle of Wight. May be  
sent c/o Daniel Robinson & Sons 79/81 South  
Street, Bishops Stortford CM23 3AL. Or via Web  
In Memory Page [www.drobinson.co.uk](http://www.drobinson.co.uk)

### Joan Eleanor WATSON

1926 - 2018

Passed away peacefully on 5th November 2018  
aged 92 years.

Sadly missed by family and friends.

Funeral service to take place at St Marys Church,  
Furneux Pelham on Thursday 22nd November at  
11.00 followed by a private burial in the  
churchyard.

Family flowers only please, but donations for  
"Furneux Pelham PCC" may be made via the  
collection plate during the service.

All enquiries via Daniel Robinson & Sons, Bishops  
Stortford .Tel 01279 655477

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### JOAN ANN WILLITT

Suddenly, but peacefully in the Princess  
Alexandra Hospital on 9th November 2018, Aged  
85 Years. The beloved Wife of Ted and a wonderful  
and loving Mum, Nan and Sister. She will be sadly  
missed by all her Family and many Friends.

Joan's Funeral Service is to be held at St. James  
Church, High Wych, on Wednesday 21st November  
2018, at 1.00 p.m. Followed by Cremation at  
Parndon Wood Crematorium. Flowers welcome, or  
If desired donations for St James Church. Cheques  
made payable to Charities Account. All Further  
Enquiries, Flowers and Donations to Masterson  
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Harlow, Essex. CM17 0AS. Tel: 01279 626238

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## In Memoriam



### Lilian BURROWS (Lil)

Missing you,  
remembering  
all our happy  
times - love you  
always & forever  
Chris



### BESSIE LOUISA ROSE

28.10.1913  
14.11.2003

Always in our  
thoughts, a  
loving mum,  
mother-  
in-law and  
grandmother.  
God bless and  
love always from  
Graham, Bobbie  
and family xxx

### Maureen HUME

In loving memory of a  
much loved wife and  
mother who died on  
November 19th 1996.

"Remembered and  
missed every  
single day"

**John, Alison, Steven  
and Janet.**

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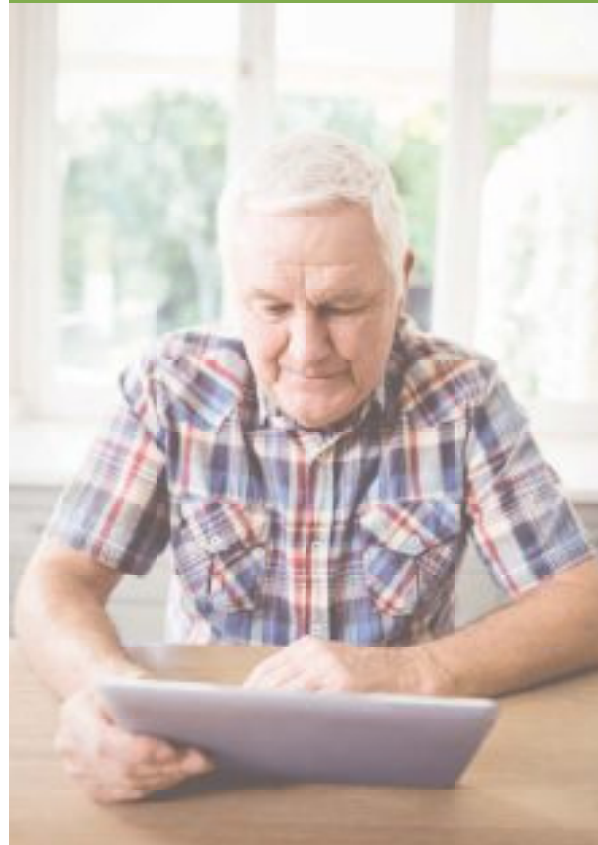
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BREAKTIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Superheroes

B	P	T	A	N	S	I	E	R	Y	S	R	M	I	N
A	A	C	I	A	M	L	V	S	R	T	O	S	N	V
T	M	L	N	A	O	W	R	U	U	F	P	U	A	I
N	A	R	I	M	E	T	F	T	H	E	E	R	M	S
S	U	P	G	I	R	A	E	R	A	M	O	L	B	I
R	G	E	R	C	A	C	L	E	N	S	W	E	B	O
I	L	T	T	O	I	R	R	V	E	H	E	L	L	Y
M	I	P	S	C	N	O	A	M	H	K	H	O	R	P
W	D	E	N	A	M	A	I	N	U	L	E	F	O	W
O	N	R	W	A	P	T	H	E	X	R	S	I	D	T
V	L	O	O	K	L	U	H	G	O	S	W	E	H	
E	R	W	M	A	M	A	N	T	R	E	C	K	F	L
N	I	R	O	N	R	E	D	A	N	E	A	L	E	A
E	R	B	H	T	L	A	I	R	W	M	L	B	V	S
B	A	A	R	E	L	S	P	R	O	S	M	A	R	H

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

T	C	T	A	T	H	V	B
A	U		E	A		A	I
B	Y		N	A		S	L
E	T		G	S		L	T
R	S		C	E		N	E

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

			8	9		1	7	
	7	5		6			3	
3		1			5	2		
5	4				8		1	
			1	5				2
	2				9		5	7
		2	9		4	5		8
6	1			7		4	9	
		9		8	6			

Hard

	5						4	
			7		3	8		
			2	5				
2					7	1		
	6	1	3		4	5	7	
		4	1					8
				9	2			
		9	5		6			
	7						6	

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

Cryptic

Across

- Many are to issue a challenge (4)
- One who trains regularly? (8)
- It is very boring and is due to be altered (7)
- A point always separate (5)
- How one knows immediately that someone is surprised (4,3,5)
- Wit from a priest (6)
- Is elected to boards? (4,2)
- An infant prodigy, which is hardly surprising (6,6)
- It comes in the tax (5)
- Strangely one isn't under stress (7)
- Stopped sorting out retreads (8)
- Escape and feel confused (4)

Down

- Under no obligation to observe the customs? (4-4)
- Set method of communication (5)
- Love duets freshly turned out (6)
- Fail to understand decimals correctly? (4,3,5)
- Servant trouble makes them harder to run nowadays (7)
- Unusual way to serve meat (4)
- Woman of letters (12)
- Charm one's way in (8)
- Hint for a dog (7)
- Decide to stay (6)
- Try to get well (5)
- It has caused many deaths in Vietnam (4)

1		2			3	4		5		6		7
					8							
9								10				
11												
												12
13		14						15				
								16				
	17										18	
19												
20								21				
22											23	

Scribble pad

Quick

Across

- Challenge (4)
- Traveller (8)
- Monotonous (7)
- Cut (5)
- At the outset (4,3,5)
- Spirit (6)
- Boards (4,2)
- Hardly surprising (6,6)
- Church tax (5)
- Strain (7)
- Apprehended (8)
- Run away from (4)

Down

- Exempt from tax (4-4)
- Wireless (5)
- Expelled (6)
- Fail to understand (4,3,5)
- Inns (7)
- Unusual (4)
- Mail deliverer (12)
- Doorway (8)
- Hunting dog (7)
- Arrange (6)
- Tool (5)
- Italian volcano (4)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

15	17	5	20	15	17	2	16	18	14	20	15
	11		11		23		14		14		2
	10		2	16	4	16	2	20	11	10	17
10	4	11	15		23	2		9			4
	22		23		16		11		23		16
	2	14	17	24	20	15	7		20	15	26
4		1				21				17	11
13	15	20	24		6	15	10	4	9	23	20
25			22		14		1		14		22
14			19		17		16		3	23	17
23	12	12	23	17	5	15	25	15	3		5
26			15		22		17		15		22
13	14	14	3	22	15		10	4	25	23	2

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
	C											
14	15	16	17	18	19	20	21	22	23	24	25	26
		A										

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average; 20 words - good; 25 words - very good; 30 or more - excellent.

E	R	W
Y	N	O
O	M	T

Quiz

- What is the title of the latest film to star Eddie Redmayne as J.K. Rowling character Newt Scamander?
- What name is given to animals such as kangaroos, wallabies, bandicoots and opossums?
- In what year did the Titanic sink?
- Which mountain chain is known as the backbone of England?
- What is the largest city in Scotland?
- Which Scottish glen was the site of the massacre of the



Q1 - Eddie Redmayne

- Macdonalds by the Campbells and the English in 1692?
- What name is given to any memorial to the dead that does not contain a body, of which there is a famous example in Whitehall?
- On which river does the city of Gloucester stand?
- Which American actress starred in Kramer vs. Kramer and Out of Africa?
- What is a weight on a pendulum or plumb line called?

LAST WEEK'S SOLUTIONS

Pathfinder

Bugs Bunny, Popeye, Jessica Rabbit, Mickey Mouse, Tweety, Scooby-Doo, Olive Oyl, Johnny Bravo, Angelica Pickles, Mojo Jojo, Donald Duck, The Grinch, Penelope Pitstop, Bart Simpson, Pink Panther, Betty Boop, Speedy Gonzales, Wilma Flintstone, Lilo, The Powerpuff Girls, Yogi Bear, Top Cat.

Quiz

- 1 Kin; 2 Malta; 3 Penguin; 4 Sarajevo; 5 Glyndebourne; 6 Tito; 7 Valley of the Kings; 8 Pennsylvania; 9 Green; 10 Strasbourg.

Sudoku

8	6	2	5	9	3	7	4	1
3	9	4	8	1	7	2	5	6
1	5	7	6	4	2	9	8	3
9	7	8	3	2	1	5	6	4
4	2	1	7	6	5	8	3	9
5	3	6	9	8	4	1	2	7
6	4	5	2	7	9	3	1	8
7	1	3	4	5	8	6	9	2
2	8	9	1	3	6	4	7	5

3	8	5	1	6	9	2	4	7
2	7	4	3	5	8	6	1	9
9	6	1	4	2	7	5	3	8
1	4	2	8	9	5	3	7	6
7	5	3	6	4	2	8	9	1
6	9	8	7	1	3	4	5	2
5	2	6	9	7	4	1	8	3
8	1	9	5	3	6	7	2	4
4	3	7	2	8	1	9	6	5

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
R	S	H	V	N	K	L	I	T	B	D	C	O
14	15	16	17	18	19	20	21	22	23	24	25	26
Q	Y	P	G	F	U	M	W	Z	E	A	X	J

Split Decision

J	O	I	N	T
E		D		U
T		H		E
T		A		N
Y	E	L	L	S



# FILM REVIEWS

## Magic adventure

Eddie Redmayne stars in *Fantastic Beasts: The Crimes Of Grindelwald* and (below) Jude Law plays the young Dumbledore

JAAP BUITENDIJK/  
WARNER BROS

### FANTASTIC BEASTS AND WHERE TO FIND THEM: THE CRIMES OF GRINDELWALD (12A)

★★★★★

**F**AMILY trees bear poisonous fruit and their roots run deeper than any ardent fan of the wizard world of J.K. Rowling might have dared to dream in *Fantastic Beasts: The Crimes Of Grindelwald*.

Written for the screen by the best-selling author, David Yates's frequently thrilling sequel continues to expand and enrich mythologies beyond the wonder years of Harry Potter and his Hogwarts alumni.

Not by accident, the impassioned pure-blood rhetoric spouted by dark wizard Gellert Grindelwald (Johnny Depp) dances to the same divisive drums as US President Donald Trump's controversial nationalism.

"Regret is my constant companion. Do not let it be yours," Grindelwald whispers to one acolyte as he galvanises an angry uprising against non-magical folk, who are thought to be worth less because they are different.

Depp dials down the pantomime villainy, opting for slow-burning insidiousness that unsettles rather than flatly chills.

The aching depth of a childhood bond with Albus Dumbledore (Jude Law) is implicit in lustrous flashbacks.

"We were closer than brothers," sadly recalls the future headmaster of Hogwarts, who has never recovered from the lingering poison of desire.



In an exhilarating opening set-piece, which allows director Yates to flex his muscles, Grindelwald stages a breathless escape from the custody of the Magical Congress of the United States of America (MACUSA) led by President Seraphina Picquery (Carmen Ejogo).

The dark wizard sets in motion his convoluted scheme, which focuses on emotionally disturbed outcast Credence Barebone (Ezra Miller), who is a prisoner of Circus Arcanus along with shape-shifting companion Nagini (Claudia Kim).

In London, Torquil Travers (Derek Riddell), Head of Magical Law Enforcement, implores magizoologist Newt Scamander (Eddie Redmayne) to join the fight against Grindelwald and serve the Ministry of Magic alongside his older brother, Theseus (Callum Turner).

"The time is coming when we all have to pick a side," Theseus warns his sibling.

"I don't do sides," naively counters Newt. Instead, the magizoologist secretly

answers a call from Dumbledore, professor of Defence Against The Dark Arts at Hogwarts, who refuses to publicly oppose Grindelwald.

Newt's covert mission exposes a tangled web, which ensnares MACUSA agent Tina Goldstein (Katherine Waterston), her mind-reading sister Queenie (Alison Sudol) and non-magical beau Jacob (Dan Fogler), and Newt's former sweetheart Leta Lestrange (Zoe Kravitz).

*Fantastic Beasts: The Crimes Of Grindelwald* builds robustly and stylishly on the first film to test the frayed resolves of flawed characters, some of whom have already lost so much.

As she proved in the two-part stage production *Harry Potter And The Cursed Child*, Rowling knows how to satisfy fans without shamelessly pandering to them.

The script skilfully acknowledges her magical canon - scenes at Hogwarts briefly reveal a young and flinty Minerva McGonagall (Fiona Glascott) - as she drops narrative bombshells with laser-targeted precision to satisfying, loud gasps.

Redmayne endears us even more to his socially awkward loner as he brandishes a wand in the name of creatures great and monstrous.

Production design and costumes are a heaving banquet for the eyes, garnished throughout with special effects conjured by an unseen army of digital wizards.

Yates's prelude to all-out-war is spellbinding. *Damon Smith*

### ALSO OUT THIS WEEK



Dakota Johnson as Susie Bannion in *Suspiria*  
AMAZON STUDIOS/SANDRO KOPP

### SUSPIRIA (18)

★★★★★

YOU can pretty much be guaranteed that *Suspiria* unlike any other film you'll see this year. It may well be a remake of Dario Argento's 1977 cult favourite, but director Luca Guadagnino brings his own unique, and jarring, vision to this new version.

After the sun-kissed warmth of *A Bigger Splash* and *Call Me By Your Name* you might not think Guadagnino would be the sort of film-maker to tackle Argento's lurid, hallucinatory horror but apparently he's been obsessed with it since he was a kid and hats off to him, he's not gone down the obvious route with his take on *Suspiria*. This is more remix than remake.

The premise is the same. A young American dancer Susie Bannion (Dakota Johnson) arrives in 1970s Berlin to audition for the prestigious Helen Markos Dance Company. She immediately impresses with her sensual, instinctive abandon and famous choreographer Madame Blanc (Tilda Swinton) takes her on as lead dancer.

But strange things are going on at the dance school. One student has apparently run off to join the Baader-Meinhof terrorist group while the former lead dancer, Olga, has mysteriously gone missing.

As they prepare for an important performance, Susie and Madame Blanc's relationship gets closer but a psychotherapist, who has his own secrets, starts investigating what's been happening.

Spread over six acts and an epilogue, Guadagnino's *Suspiria* is a slow, suspenseful dance of death that's very different to the Argento original. With its sensory overload and basic plot, the first *Suspiria* was a parade of crashing colour and sound that bombarded you. This 'cover version' (as Guadagnino calls it) looks and feels very different. Its colours are muted, it is slow and suspenseful, it drips dread and menace from every frame. It's at least as much psychodrama as it is horror.

Guadagnino's film is full of chilly Cold War atmosphere that further heightens the mood of paranoia and intrigue in the school. But it's the extraordinary performances that really draw you in. Dakota Johnson gives everything in a fearless, primal exhibition of acting that sees her match the always mesmerising Tilda Swinton. The rest of the predominantly female cast impress too.

By the time the big reveal comes - that's still shocking even when you sort of know what's coming - you'll either have been carried away by Guadagnino's dark fantasy or be repelled by it. It's not a half-hearted film and reactions are likely to be equally as strong.

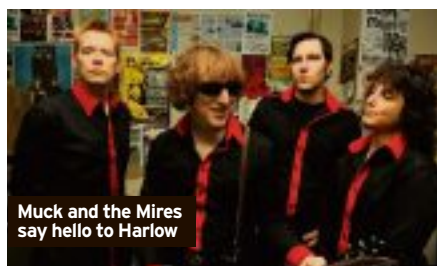
*Suspiria* won't be to everyone's tastes but it's a film that leaves an indelible impression. A beautiful nightmare.

*Darryl Webber*



## MUSIC

## LIVE MUSIC



Muck and the Mires say hello to Harlow

■ **Muck And The Mires and The Speedways, Phoenix Live, Harlow. Saturday, December 1 8pm**  
BOSTON'S international ambassadors of garage rock and roll, have been described as a blend of the 1964 Beatles and the 1977 Ramones. Their songs are reminiscent of the 1960s British Invasion, all two minutes long and all potential hits!

Their live show is a high energy blast of fast-paced, post-punk gritty garage rock and roll. They have built a worldwide following through relentless touring, radio and satellite airplay and a string of recordings, produced by Kim Fowley and Jim Diamond, considered by many to be cult classics.

Also appearing is the band that was only ever supposed to perform once - The Speedways, with their 'Ronettes-punk' teenage power pop anthems from the bedroom of ex-Breakdowns guitarist Matthew Julian.

A live band was assembled to perform the album Just Another Regular Summer at London's Powerpop Weekend as a one-off, but the response has been such that a couple of more live shows will happen.

Advance tickets on £6 from [www.wegotickets.com/blackwax](http://www.wegotickets.com/blackwax)

## DOWN THE PUB

THE Tanya Piche Blues Band have a couple of local gigs this weekend. The singer, also known as Howlin' Wolf Woman, and her band will be playing blues classics as well as their own material at the UB in Chelmsford on Saturday and the Railway, Southend on Sunday, details below.

GIGS for November 16-18

■ **Star & Garter, Moulsham Street, Chelmsford:**

Friday - Hit Parade; Saturday - The Strides

■ **Cricketers, Southend: Friday - Saviours;**

Saturday - David Woodcock and The Fixtures

■ **Waggon at Wix: Saturday - Icy Dead People**

■ **Rose & Crown, Bishop's Stortford: Friday -**

Repertoire Dogs; Saturday - Phil Hilborne Band

■ **Golden Fleece, Chelmsford: Friday - Illicit;**

Saturday - Cakehole Mafia

■ **Railway Hotel, Clifftown Road, Southend: Friday**

(8pm) - Mega Horse; Saturday - (4.30pm) Pieface;

(9pm): Fallen Leaves; Sunday (7.30pm) - Tanya

Piche Blues Band

■ **Boars Head, Braintree: Friday - Redwood;**

Saturday - Chart Attack

■ **Benfleet Tavern, Benfleet: Saturday - Adrenaline**

■ **Cow & Telescope, Southend: Friday - Hedgehog;**

Saturday - Lord Toffingham

■ **Black Horse, Chelmsford: Saturday - 'Tributes'**

■ **Welcome Club, Stanford-le-Hope: Friday - Expose;**

Saturday - Frog on a Rock

■ **United Brethren, New Writtle Street, Chelmsford:**

Saturday - Tanya Piche Blues Band; Sunday

(4.30pm): Trev Gentry



Tanya Piche Blues Band

# McFly star gets an A grade after joining alt-rockers on tour

DOUGIE POYNTER IS BEST KNOWN FOR BEING THE BASS PLAYER IN POP HEARTTHROBS MCFLY - SO WHAT'S HE DOING ON TOUR WITH ALT-ROCKERS A? MARTIN NEAL TALKS TO HIM AND FINDS OUT

TAKE a look at the bloke playing bass with alt-rockers A on their current tour with Wheatus and InMe because he might look a tad familiar.

That's because it's none other than Essex boy Dougie Poynter - one fifth of pop megastars McFly, former King of the Jungle and heartthrob fashion icon.

So what on earth is he doing rocking out with A? Turns out the answer is pretty straightforward.

"Jason Perry (A frontman) produced three McFly albums," explained Dougie, "so we obviously became very friendly with Jason and his family - two of his brothers are in A as well - and I've been friends with Jason since I was 17, so quite a while.

"Then this tour came up last year and they were stuck without a bass player (Daniel P Carter left in 2015) so Jason asked me if I'd do it and I said I'd love to.

"Now we're going back out on tour, which I can't wait for."

Dougie might be best known for playing McFly's jaunty singalong pop songs like All About You, Obviously and 5 Colours in her Hair, but he's actually a good fit for A.

"That style of music is the type of music I began learning straight away as soon as I picked up a bass guitar," he explained.

"I listened to Californian punk stuff so A's music comes really naturally to me.

"The chemistry is there too because we've known each other for so long and they are super, super fun guys to be around."

The A tour comes at a time when McFly are currently inactive - although that could change next year - however it was something of a surprise, given that he'd only recently formed post-punk band Ink with Todd Dorigo and Corey Alexander.

A planned tour was cancelled, however, and the future of that project is uncertain to say the least.

"I just jump from one thing to another depending on kind of how I feel," admitted Dougie, who was born and brought up in Corringham.

"We toured with that band last summer and we supported Marilyn Manson which was really cool.

"I took the summer off and my main focus

## MCFLY ARE SET TO RETURN IN 2019

POP heartthrobs McFly are set to burst back onto the music scene next year.

And that's great news for their legions of fans who feared the hitmakers - featuring Essex boys Harry Judd and Dougie Poynter - might never regroup after being inactive for two years.

McFly have topped the UK singles chart seven times but haven't released a studio album since Above The Noise in 2010 and they last played live on the Anthology Tour in 2016, their first dates for three years.

Since then guitarist Danny Jones has been a coach on The Voice Kids UK and he and wife Georgia became parents for the first time earlier this year while frontman Tom Fletcher and wife Giovanna celebrated the birth of their third child in August.

But Dougie said of McFly: "That band is my first love. 'I absolutely love that band to pieces and I love those guys too, they are closer to me than brothers. And they are more like family than work colleagues."

"So for us the band never goes anywhere, we just cease to do any shows for a little while.

"It's about two years since we played a show, which I think we needed because we'd been playing for about 15 years non-stop.

"Everyone's had enough babies now so I think at least we'll start writing next year. The writing process can take a while. So it might be a while until we're back on stage but not so long for some music. Hopefully not."

right now is just doing this A tour, and I've got some other things that I'm working on behind the scenes.

"That band, I'm not sure what will be next. I'll sit around and wait for the phone call."

Whatever path does lay ahead for Dougie,



there seems a pretty good chance it will involve playing live.

He got his first taste of that when he was still at school and he joined McFly and the impossibly early age of just 15.

"The thing I dreamt about most as a kid was being in a band that was big enough to have a tour bus," he said.

"The thing I love doing most is touring - I love the routine and I love surrounding myself with a crew that I really trust and get on with.

"It has to have had some kind of impact on me (being so young when McFly started) but looking back it doesn't feel like it did. We kept each other grounded and it wasn't too crazy."

It wasn't easy for a youthful music fan in Corringham to watch or play live music, but the enterprising young Dougie took matters into his own hands.

Was there anywhere to watch a band close to home when he was growing up?

"There wasn't any at all really," he conceded, "so at school we sued to have to set





Dogie Poynter is currently out on tour with rockers A



Dogie has linked up with rock band A

up our own concerts and ring around venues and see if anyone would let us put on our own concerts.

"It would me and my band and three or four other bands and we'd host our own concerts.

"But the cool thing about Corringham is that you're not very far from London and we used to go to London a lot and watch bands play at the Forum and the Astoria and places like that.

"I'm fortunate enough to have played at those venues since."

What Dogie learnt early on, and what he's continued to realise, is that it's not just the music that makes a band.

"I really loved the Beach Boys and Blink 182," he recalled. "They were the most important bands to me when I was growing up.

"They made it seem like being in a band didn't have to be all serious and you didn't have to be cool.

"They just used to have fun and that really came across in their music videos, their

songs, everything.

"And the whole Californian punk scene really, the Warped Tour thing, bands like The Used, Finch, NoFx, bands like that I absolutely adored.

"Obviously my taste in music has expanded but I still go back to those bands when I'm feeling nostalgic or whatever."

It's incredible to think that with a string of No 1 singles, victory in I'm a Celebrity Get Me out of Here, a career on the fashion runway, two children's books and a whole stack more to his name, he's still only 30.

McFly have won armfuls of awards to boot - the Smash Hits Best UK Band gong twice for example - and in 2009 he was voted Sexiest Man of the Year by the News of the World.

But when it comes to naming what's given him the most satisfaction along the way, it's clear that it's not the obvious accolades.

"It's more little things really," he admitted. "Little goals along the way, little wins like getting artwork right or being able to hang out with some of your favourite bands, and

not really the awards or anything.

"Playing a show every single night you can really feel something being out on stage and enjoying it, that's the big win.

"Not just the big shows - some of the best show we've played have been the smallest."

So what's left to achieve now? "Ultimate enlightenment," ventures Dogie. He may or may not have been joking...

But on a more serious note he adds: "Another McFly album and more touring really."

■ A will be playing their Hi-Fi Serious album in full as well as a stack more songs on their current tour, with Wheatus and InMe in support. You can catch them at Shepherds Bush Empire on Wednesday, November 21

The thing I dreamt about most as a kid was being in a band that was big enough to have a tour bus

Dogie Poynter

## LIVE MUSIC



### ■ UK Subs, Chinnerys, Southend, Friday, November 16

"A long time ago, when I was about 45, I thought I was getting too old to be doing this," said singer Charlie Harper before the punk legends' last visit to Southend, "but we make a conscious effort to improve everything we do. We hit on our weak spots and work on making them stronger.

"Every detail is worked on - we don't stand still. This is not a nostalgia trip."

Pop along to Chinnerys and see what he means this Friday. Support is from Blue Carpet Band, The Anoraks and Dogtown Rebels.

## GIG REVIEW



### ■ Big Country, Chinnerys, Southend

AS Big Country themselves taught us, when life - and death - does its best to throw you off course, there's only one thing to do: Come out screaming.

Inspirational frontman Stuart Adamson tragically died in 2001 and bassist Tony Butler is also no longer in the band - but even if there's doubts over their continued ability to grow flowers in the desert, they can still very much live and breathe and see the sun in winter time.

Despite those personnel changes, songs from Big Country's heyday stand the test of time and are still delivered gusto and enthusiasm and lapped up by an eager audience.

After starting with the laid-back King of Emotion and the haunting, heartfelt Ships, it wasn't long before they had a packed-out Chinnerys bouncing.

Their current batch of gigs are to celebrate the 35th anniversary of The Crossing, their quite wonderful debut album.

All 10 tracks from that record were played and each one of them has stood the test of time, sounding and fresh as it ever did.

Timeless wonders such as those - along with Wonderland, Look Away et al - deserve to be kept alive and Big Country's current line-up are doing a fine job of that.

Singer Simon Hough doesn't pretend to be Adamson and leaves guitarist Bruce Watson to do the talking.

He had added responsibilities on this occasion as well, with rhythm guitarist Jamie Watson missing his first gig since joining the band due to a virus.

In typical Big Country fashion, though, they overcame the hurdle with aplomb and, at the instigation of drummer Mark Brzezicki we all shouted "get well Jamie" at the end.

Martin Neal



# FOOD & DRINK



## INGREDIENTS

2 x 1-2cm-thick slices of sourdough; butter; 60g cheese (ideally 50/50 of melting and strong, both coarsely grated); 20g sliced cured meat or 40g sliced cooked meat (optional); 15g onions, spring onions or leeks, finely sliced; condiment of choice (optional)

## TOASTIE OF LONDON

BOROUGH MARKET

TOASTIE

(Serves 1)

## METHOD

1. Butter what will be the external sides of each piece of bread. Build the sandwich, with a sprinkle of cheese first, then onion or meat, followed by the remaining cheese. Add pickles or spread the condiment onto the inside of the top slice, pressing that on top.  
2. Place a frying pan over a low-to-medium heat and allow it to warm up for a minute.  
3. Cook the sandwich very gently, pushing down with a fish slice or palette knife.  
4. After two minutes, some of the cheese will have melted, and the base of the bread will be browning.

Flip the toastie over and repeat the frying

and pressing for two minutes more.

5. Repeat, frying both sides for another two minutes each, so the cheese and fat oozes out and the bread is golden and crisp.

6. Remove from the heat and cool for one to two minutes before eating.

### ■ Possible combinations:

Stilton (or other strong blue), Fontina and kimchi; 'Nduja, honey and mozzarella; Cooked ham, raclette, comte and mustard; Cheddar, Oglesfield, leeks and chutney; Soft-rind white cheese, turkey and cranberry sauce; Bresaola, tapenade and Emmental on rye bread; Fennel salami, Ubriaco (drunken cheese) and dill pickles; Tallegio, roast peppers, spring onions and chives.

# Market courses

Ed Smith in Borough Market

**B**OROUGH Market is arguably the most famous food market in Britain.

It sits in the belly of London Bridge, a network of railway arches and overhangs, full of winding pathways, with narrow roads to cross – hopefully without being squashed by delivery vans and crates of cheese – and the smell of baking bread and spices in the air.

Yes, it's the oldest market in London – people have sold produce in one form or another at Borough Market since the 12th century – but in a sense it is representative of any market you'd find in any town in Britain:

There is food, lots of it, and the producers really know their stuff.

Most recently, Borough has been in the news less for its multicoloured cauliflowers and artisan coffee, and more because of a terror attack on the area in June, 2017. A vehicle-ramming on London Bridge and a series of stabbings in nearby bars and restaurants in Borough, saw eight people killed, and almost 50 injured.

But food writer Ed Smith, author of *The Borough Market Cookbook*, a celebration of the producers, stall holders and soul of the market, is clear that, more than a year on, it's business as usual.

The new book charts a year of shopping and cooking using Borough produce, but its core principles really revolve around seasonal eating – so you can apply the logic – and recipes – to what you find at your own local Sunday farmer's market.

Trained chef and foodie Ed, 36, who writes the blog *Rocket & Squash*, is a former lawyer, turned food writer and trained chef.

Now, he's something of a Borough Market expert and can

## ELLA WALKER MEETS FOOD WRITER ED SMITH, AUTHOR OF A NEW COOKBOOK DEVOTED TO THE WORK OF BOROUGH MARKET

often be spotted on-site doing cooking demos. We sip on lattes and black coffee from The Colombian Coffee Company and wind our way between traders, nibbling as we go.

Supermarkets are “so sanitised” Ed explains. “You miss out on knowledge, care, expertise...” Take Lizzie Vines, who runs Wild Beef with her husband Richard, an organic Dartmoor farmer. They have a couple of their native Devon cattle and Welsh Blacks butchered every week, hang them for at least another three, and sell the whole animals – nose-to-tail – at Borough.

“We’ve been here since the beginning,” explains Lizzie, who remembers setting up in 1998 when only the original giants of Borough in its current incarnation – Neal’s Yard Dairy and Spanish food importers Brindisa – were trading.

“There was nowhere to buy coffee after the dawn drive up from Dartmoor,” she says – unless you count McDonald’s. Fortunately, that’s no longer the case.

The practice of selling a whole, single animal, means you can’t wander up to Wild Beef and

demand to buy five fillet steaks for a dinner party you’re hosting – there’s only two per cow – it’s very much first-come, first-served.

But it encourages thriftiness, working with what’s available and understanding what’s sustainable. Visiting a market and engaging with stallholders directly, you can’t help but get a sense of where your food comes from, and what’s gone into getting it to you.

Sustainability is also crucial to Borough Market – traders offer recyclable packaging wherever possible, leftover food is distributed to charity, or recycled into power, fertiliser and water at an anaerobic digestion plant.

There are always new traders popping up too, with innovative ideas for cutting waste, like bakery nibs etc. run by food waste entrepreneur Chloe

Stewart, who makes granola and crackers using leftover juice pulp.

It’s also, like many independent food markets, a gateway to slow food – foods that are grown or produced using traditional methods, rather than mass industrial techniques – and to new innovations. For instance, legend has it that Borough grocers Turnips introduced Britain to rocket: “Twenty years ago it was unheard of,” says Ed.

“Yes, it can be more expensive, shopping from independents,” he concedes, noting that it can require more effort and time than whipping round the supermarket, “but it’s undeniably worth it.”

■ *The Borough Market Cookbook* by Ed Smith is published by Hodder & Stoughton, priced £25. Photographs by Issy Croker.



**WELCOME** to the first of my festive-themed columns. What, so early I hear you ask? Well not really – it’s mid-November and there are things to be done, lists to be made.

To get the ball rolling, here’s a handful of suggestions for festive fun, Christmas knick-knacks and drinkie treats for those you love.

In the last couple of years drinks-themed advent calendars have been “a thing” so I’m giving you plenty of time ahead of December 1 to prepare yourself.

**Aldi’s Advent Calendar** (£49.99) is now available in store and online and is filled with two miniature bottles each of 12 styles of wine, including The Exquisite Collection

## RAISE A GLASS

WITH JANE CLARE



Touraine Sauvignon and the award-winning Fleurs de Prairie Côtes de Provence Rosé. A little tippie for every night in the festive countdown.

For something a little bit different perhaps you’d like a cuppa every day with **The House of Newby Luxury Advent Calendar** (£58, newbyteas.co.uk, Ocado, Selfridges). There are 24 drawers and each includes four individually wrapped sachets of a select Newby blend, and no

two drawers are the same. Pass the custard creams please!

For the lady in your life who loves fizz and loves beauty treats, then Freixenet might have the answer. **The Freixenet Prosecco Advent Calendar** (£75, shop.freixenet.co.uk) includes mini bottles of Freixenet wine such as the Italian Sparkling Rosé, and surprises include Prosecco bath bombs and aromatic candles. Perfect pampering for 24 days!

If beer is more the thing for you, then the **Personalised Beer Advent Calendar** (prezzybox.com, £99.99) is the answer. It contains 25 bottles of different beers plus you can pop your loved one’s name on the front.

Talking of beer, a new premium beer subscription service from

**DiscoverBrew** (£25 each month, plus delivery) is a great gift for people wanting to experience a variety of tastes. Six hand-picked beers are delivered each month, selected from hundreds of breweries across the world.

Perhaps you’d like to pull a cracker or two and enjoy a gin. **The Pinkster Miniature Gift Set** (£20 for two, Debenhams, PinksterGin.com) has a 5cl of Pinkster gin and a little jar of Gin Jam waiting to pop into view. You can save the jam for your toast on Boxing Day.

■ **Let’s whizz to fizz...** If you’re visiting friends or family for the big day then cast a spell and make a gift of the lovely looking **Nicolas Feuillat**

champagne in a special limited edition Enchantment sleeve. Available in Waitrose from the middle of this month (£26).

There’s a stunning limited edition sleeve of a magnum of **Champagne Thienot Brut NV**, left (£78, champagnes andchateaux.co.uk). The youngest champagne house has teamed up with international street artist Speedy Graphito for a second time and the magnum would look stunning as a Christmas centrepiece.

Happy shopping.

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.





**INGREDIENTS**

**For the pickled carrot salad:**  
3 carrots (350-400g), peeled and cut into 2mm-thick circles (use a mandoline if you have one)  
150ml apple vinegar  
70g granulated sugar  
10 black peppercorns  
½tsp sea salt  
1tsp yellow mustard seeds  
1tsp coriander seeds  
Leaves picked from 10 sprigs of coriander

**For the mackerel:**

2 mackerel, butterflyed  
1 garlic clove, crushed  
Thumb-sized piece of fresh ginger, peeled and finely grated  
1tbsp Spice Mountain Mauritius masala (or alternative spice mix - see method)  
3tbsp light olive oil

**METHOD**

**1.** Put the sliced carrots in a container that fits them snugly. Heat the vinegar in a pan with 50ml water to just below a simmer.  
**2.** Add the sugar, peppercorns, salt, mustard and coriander seeds, stir to ensure the sugar has dissolved and pour the mixture over the carrots. Cover and leave to cool for at



least one hour, ideally more (up to eight).

**3.** Line a baking tray with greaseproof paper. Lay the fish on top, skin side down. Combine the garlic, ginger, masala, oil and a good pinch of salt and spread this over the fish flesh. Refrigerate for one hour. (If you can't find Spice Mountain's Mauritius masala, grind half a teaspoon each of cumin, coriander, yellow mustard seeds and red chilli flakes in a pestle and mortar, and mix with half a teaspoon of ground

**FISH DISH**

**SPICED BUTTERFLIED  
MACKEREL  
(Serves 2)**

turmeric and ginger, plus a few turns of a pepper mill.)

**4.** Turn the grill on to its hottest setting, set a shelf 6-8cm from the heat source and close the oven door. Allow the oven to heat up for 10 minutes, turn your extraction fan on, then slide in the tray of mackerel and close the door. Grill for six to seven minutes, until the spice mix is sizzling and turning golden and the fish begins to release some of its oils. Remove from the oven and allow to rest for three minutes.  
**5.** Mix the coriander leaves and pickled carrots (without their pickling juices) and serve alongside the fish.

**INGREDIENTS**

**For the roast plums:** 6 sprigs of tarragon; 1kg seasonal plums, halved and de-stoned; 40g golden caster sugar. **For the meringue:** 5 large egg whites (about 175g); 350g caster sugar (or twice the weight of the egg whites); 70g toasted flaked almonds. **To finish:** 600ml double cream; 2tsp vanilla extract; leaves from two sprigs of tarragon; 15g toasted flaked almonds

**PLUM PUDDING**

**ROAST PLUM  
PAVLOVA  
(Serves 6-8)**

**METHOD**

**1.** Preheat the oven to 200°C fan/220°C/425°F/gas mark 7.  
**2.** Place the tarragon sprigs in the base of a ceramic dish or roasting tin with 150ml water. Lay the plums over these, cut side up, ideally in one layer. Sprinkle the sugar onto the plums, macerate for 15 minutes, then bake in the oven for 20-30 minutes, until soft and puffy but still plum shaped. Leave to cool for 15 minutes, then transfer the plums, juices and tarragon to a smaller vessel and refrigerate until required.  
**3.** Weigh the egg whites. You will need double the quantity of sugar to whites to make a classic meringue, and ideally

a stand mixer fitted with the balloon whisk to do the hard work. Set the oven to 130°C fan/150°C/300°F/gas mark 2 and line a baking sheet with baking parchment or a silicone baking mat.  
**4.** Ensure the mixing bowl is spotless. Add the egg whites and whisk at medium speed until they form stiff peaks. Increase the speed and sprinkle the sugar into the egg whites in a steady stream. Whisk for nine minutes, until the mixture is glossy and, if pinched, has no hint of sugary crystals.  
**5.** Scatter 35g of the toasted almonds over the meringue mixture. Use a large metal spoon to ripple through the

nuts in just two or three large swoops. Spoon the mixture onto the lined baking sheet creating a circle 26-28cm in diameter, with high, wavy sides and an indent for cream and fruit. Place in the centre of the oven, reduce to 110°C fan/130°C/250°F/gas mark ½ and bake for two hours, then turn the oven off and leave for one hour more.  
**6.** Remove the meringue and sprinkle a further 35g of almonds on top. Whip the cream and vanilla extract in a bowl until they reach 'loose ribbon stage', then spoon on top. Arrange the plums and juices over the cream, then scatter with fresh tarragon and the remaining almonds.

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German Christmas Markets	5 Dec 2019	5	£589	Free	<b>Sailing from Bristol on board Marco Polo</b>				
Christmas Market to Antwerp	9 Dec 2019	3	£299	Free	French Christmas Markets	8 Dec 2019	6	£709	Free
German Christmas Markets	11 Dec 2019	6	£739	Free	Festive Dublin Overnight	15 Dec 2019	4	£449	Free
Festive Getaway Amsterdam & Antwerp	16 Dec 2019	4	£449	Free	Festive Dublin & Cobh	18 Dec 2019	4	£449	Free
Christmas & New Year Canaries & Madeira	21 Dec 2019	17	£2,799	Free	Christmas & New Year Canaries & Madeira	22 Dec 2019	16	£2,519	Free
Amsterdam & Antwerp	5 May 2020	4	£449	Free	Grand African & Indian Ocean Voyage	6 Jan 2020	79	£13,519	Free
Grand British Isles Discovery	8 May 2020	12	£1,849	Free	Azores, Madeira & Portuguese Highlights	24 Mar 2020	15	£2,129	Free
<b>Sailing from Tilbury on board Marco Polo</b>					Easter River Seine Experience	7 Apr 2020	8	£1,069	Free
Hidden Baltic Treasures	1 Oct 2019	12	£1,649	Free	Treasures of the British Isles & River Seine	14 Apr 2020	12	£1,759	Free
Iceland & the Northern Lights	12 Oct 2019	13	£1,799	Free	Portugal & Seville Fiesta	25 Apr 2020	14	£1,999	Free
Norway & the Northern Lights	24 Oct 2019	14	£2,699	Free	<b>Sailing from Liverpool on board Magellan</b>				
<b>Sailing from Tilbury on board Magellan</b>					Iceland, Faroes & the Northern Lights	13 Oct 2019	14	£2,249	Free
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Thursday, November 15, 2018

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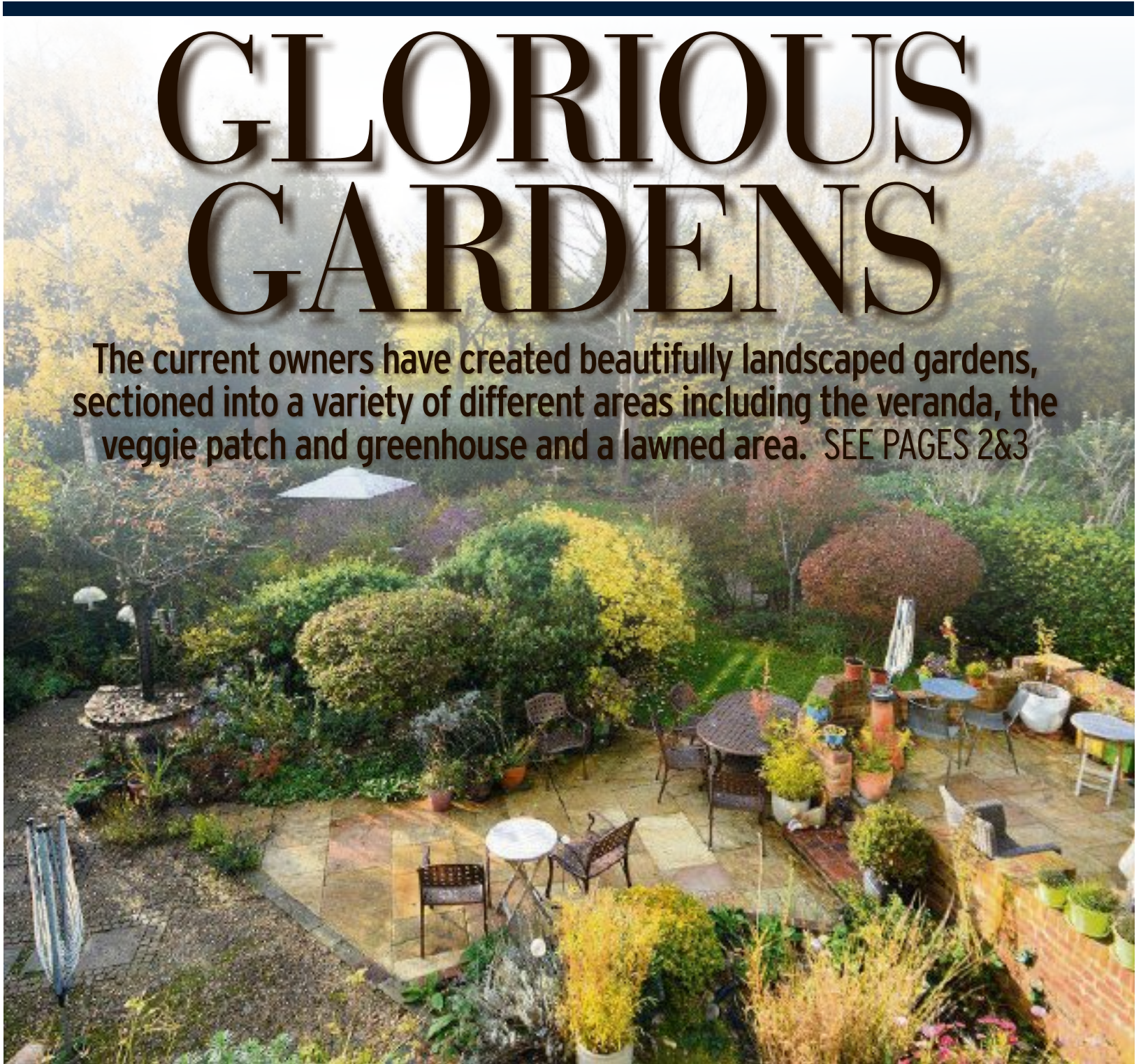
# PROPERTY & LIVING



**A SPOT OF  
RETAIL THERAPY**  
Go dotty for these  
interior ideas  
PAGE 48

# GLORIOUS GARDENS

The current owners have created beautifully landscaped gardens, sectioned into a variety of different areas including the veranda, the veggie patch and greenhouse and a lawned area. SEE PAGES 2&3





# HOT HOUSE



## EXTENDED HOME IN OLD HARLOW



A stunning property has just come onto the market in Old Harlow for you to buy.

**T**his four-bedroom detached house is set in one of the most sought after locations in Churchgate Street Village in Old Harlow.

It is ideal for large families and commuters, with two major train stations located a few miles away.

Step inside and you'll find an entrance hall with exposed oak flooring.

The large lounge has sliding doors and access to the veranda.

Also on the ground floor is a breakfast room and kitchen at the rear of the house looking out to the garden, a dining room which could also be used as a second lounge, as well as a conservatory, downstairs bathroom and utility room.

Moving upstairs and you'll be amazed by the size of the bedrooms.

The master suite, as it is described, is particularly impressive - there is a Juliet balcony and steps that lead up to the mezzanine storage level, an en-suite and a dressing room.

One of the best features of the property is the back garden.

It has been beautifully landscaped by the current owners. It is sectioned into a variety of different areas including the veranda, the veggie patch and greenhouse and a lawned area with a host of different pathways and seating areas. A double garage and driveway provides off-street parking for multiple vehicles.

The property has been put on the market by Geoffrey Matthew for a price of £850,000. For more information, visit [geoffreymatthew.co.uk](http://geoffreymatthew.co.uk) or call 01279 444988.





### SELLING POINTS

**Address...** Staffords, Old Harlow  
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4 3 3





## YOUR HOME

## BRIGHT IDEAS...

Colour-phobic and clinging to neutrals like a comfort blanket? **GABRIELLE FAGAN** discovers how to brave bold decoration at home

**C**olour's officially cool – according to the decor experts – but it takes guts to plunge into the palette and experiment in rooms.

Banish the fear and do it anyway, declares Emily Henson, interiors stylist and author of the aptly named, *Be Bold: Interiors For The Brave Of Heart*, which is a celebration of homes with “joyful patterns, gutsy colour choices and exhilarating paint treatments”.

Their owners, she says, enjoy homes which contain daring explosions of colour, pattern, humour and originality, where “boldness is a way of life”.

Some make a statement “with vivid paint on every surface and neon signs on the walls”, while others have “leopard print and folksy embroidered cushions clashing on a pink sofa, or window frames painted yellow in an otherwise white wall”. Whatever, she notes, bold really is beautiful.

It's certainly a world away from the

bland, and Emily gleefully sums up the philosophy as ‘decorate like nobody's watching’.

Still nervous? “Think of the colours you like and want in your life, and test the waters by spray painting something small,” she says.

For the more confident, she urges: “Dive in at the deep end, just go for it! What's the worst thing that can happen?

You won't like it and you'll have to repaint. That's not the end of the world.”

Be inspired by three homes where owners truly dance to their own decor tune...



■ **Be Bold: Interiors For The Brave Of Heart** (inset) by Emily

Henson, photography by Catherine Gratwicke, is published by Ryland Peters & Small, priced £19.99.

Available to readers for the special price of £14 (inc p&p) by going to [rylandpeters.com](http://rylandpeters.com) and using code: **BOLDPA** at the checkout.

Offer valid until December 31, 2018.



A vibrant blue shade on a wall brilliantly brings shop owner Zoe Anderson's dining area to life and accessories on the end of the table have been grouped as a 'colour block' for a bold but calming effect

## WAKE UP A WALL...

A vibrant blue shade on a wall brilliantly brings shop owner Zoe Anderson's dining area to life, with simple, modern furniture – including a gleaming Tom Dixon copper pendant light – to provide balance.

“Kitchens are often painted in neutral colours as a safe option, but Zoe went all-out bold with an electric blue paint,” explains Emily. “The walls are a vibrant backdrop for the family's art collection, including children's drawings and keepsakes collected on travels.”

■ **Emily's decor tip:** Make a statement with a sofa or a chair in a daring or unusual shade, to show-off your ‘adventurous’ colour spirit, says Emily. Bold doesn't always have to mean bright, she points out, as paler shades can be just as effective. Think pink, sage green, or aquamarine – anything but the obvious.

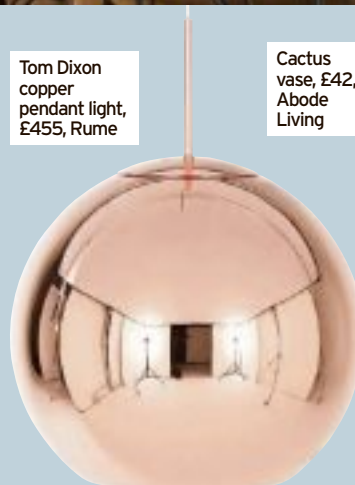


Neva-Blue digitally printed paper, £109 a roll, Olenka Design



Sipping nectar lamp, (medium) £199, Anna Jacobs

Tom Dixon copper pendant light, £455, Rume



Cactus vase, £42, Abode Living





## COOK UP A COLOUR STORM

Set designer Amy Exton indulges her love of colour and kitsch with a no-holds-barred scheme for her kitchen, and has created a home that packs a stylish punch.

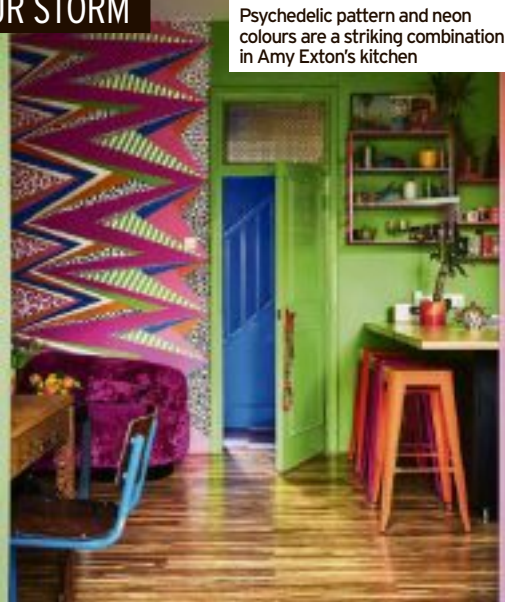
"Amy hand-painted this eye-popping mural herself, painstakingly taping off each area and alternating between stripes, leopard and solid patterns," Emily says.

"She continues the mouthwatering colour scheme with apple green on the walls and brightly-coloured metal stools. It's a total transformation from its previous look of magnolia paint and wall-to-wall brown carpet."

■ **Emily's decor tip:** Choose one shade and paint everything – walls, ceilings, doors, woodwork, radiators – for an intoxicating, enveloping effect. If that's too much, choose a main colour for the walls and ceiling and one or two accents for doors, shelves or features. If you feel bold, paint part-way up the walls and leave the top half white, or use two different colours for a wall – in either complementary or contrasting shades.



Tasiemki hand-painted two-door mango wood cabinet, £250, Ian Snow



Psychedelic pattern and neon colours are a striking combination in Amy Exton's kitchen



Oria Kiely House 60s stem nesting storage canisters, Set of three, currently reduced from £29.95 to £23.96, Hurn & Hurn

Joseph Joseph nest measure set, currently reduced from £11 to £9.90, Red Candy

Moda armchair CD2, Lemon, £75, Cult Furniture

## MIX A COCKTAIL OF SHADES

Anything goes in the apartment of Spanish designer Patricia Bustos, who ignores outdated rules and injects a fresh quirkiness into all her schemes.

She's created an entertainment 'zone' with a bamboo tiki bar, Eighties Terje Ekstrom chairs upholstered in mustard wool, and for the perfect finishing touch, designed her own 'Oh La La' neon sign.

"For Patricia, being bold means combining different eras, ignoring outdated rules about pattern and colour matching, and injecting humour and quirkiness into everything she designs. Her home is a joyful expression of what's in her head, and it's fabulous," says Emily. "It's all fabulously OTT. What makes it work? A limited colour palette and the guts to own the look."

■ **Emily's decor tip:** Stylists often create 'fake walls' – large pieces of plywood covered in wallpaper – for photographic shoots. These can be used as a flexible, movable expanse of pattern, which can be leaned against a wall for a playful focal point, or used as a great way to test out your enthusiasm for a particular pattern or colour, before committing to it.



Naika bar stool, velvet upholstered seat, Forest Green, £129, Cult Furniture



An oversized antique light and a neon 'Oh La La!' sign star in this bar/dining area of Spanish designer Patricia Bustos home, who ignores outdated rules and injects a fresh quirkiness into all her schemes



BarCraft rainbow glass cocktail shaker, £19.99, Dobbies



Cocktails neon light, £70, Talking Tables

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# SHOP HOME



**Above:**  
Zuiver ceramic  
wall clock in blue,  
£69, Cuckoo  
land.com

**Right:** Cat rug,  
£65, Bobby  
rabbit.  
co.uk



**Above:**  
Spotty pan, £13.04,  
nostalgieimkinder  
zimmer.de



**Left:** Yellow & grey  
polka dot wall  
stickers, £20,  
kokokids  
.com



**Above:**  
Ploka dot  
jug, £9.99,  
T.K Maxx

Red  
hot  
polka  
dots

Polka steel bead,  
£75 per roll,  
Graham & Brown



**DAN BEAVAN** has spotted  
some great buys in this  
brilliantly basic pattern



**Above:** Eddy ivory & black  
rug, £49, modern-rugs.co.uk



**Above:** Sass & Belle Cookery  
Club, £18, hoorayandco.co.uk



**Above:**  
Polka ceramic bottle by  
Art & Design, £17.87, indie.com



**Right:**  
Amanda  
bowl, £12,  
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# 4

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**SOFT HUE**  
Palm cushion, £20  
Cultfurniture.com

**Above:**  
Bloomingville  
cushion in,  
rose/gold  
£41, Amara

**Left:**  
Joules scatter  
cushions, £25  
each, DFS

**Above:**  
A5 Journal,  
£12, agiftfrom  
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Image: Solo Flight by Antanas Bradzys, 1982.  
Image courtesy of Harlow Art Trust



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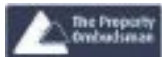
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### Fir Park

Located in the popular 'Park's' development is this three bedroom semi detached home with garage and driveway offered chain free and close to amenities. Call to view. Ref 14625 Dial Dial Dial



**Guide Price** £290,000 - £300,000  
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### Felmongers

This three bedroom mid terrace home offers great living accommodation, benefiting from a spacious lounge and good sized rear garden. Ref 14752 Let haart Take You Viewing



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**Watch The Family Grow** EPC D

### Morningtons

Located within a popular cul de sac turning is this three bedroom semi detached family home which benefits from off road parking and a converted garage. Ref 14745 Register To View



**Guide Price** £260,000 - £280,000  
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### Peterswood

Located within walking distance to Staple Tye shopping centre is this three bedroom end of terrace family home in need of modernisation. Call now to view. Ref 14693 Thinking Of Selling?



**Family In Mind**  
Ashdale, Thorley Park

£565,000

EPC TBC

haart are pleased to offer this well presented four bedroom detached family home which is tucked away in a small cul-de-sac. The property also benefits from a garage and a large driveway which can park multiple cars. Internal viewing is highly advised. Ref 14785

Make That Call



**Room For All The Family**  
Ladysht

OIEO £310,000

EPC B

We are pleased to offer this three bedroom end of terrace family home that benefits from a wrap around garden, off road parking and offers great potential to be able to extended subject to planning permission. Internal viewing advised. Ref 14753

You Can't View Unless You Call



**Close To Amenities** OIEO £290,000  
**The Fortunes** EPC C

This extended three bedroom end of terrace family home offers good sized accommodation and is located in the Bush Fair area of Harlow, close to William Martin school. Ref 14776 Call Now To View



**Open House Saturday 17th November**  
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OIEO £290,000

EPC B

Sakins Croft is a three bedroom semi detached home that requires modernisation. The property benefits from a garage and driveway as well as having two reception rooms and offers spacious living accommodation throughout. Have fun making this home exactly how you want it. Call to get booked in. Ref 14753

Call And Get Booked In



**Get Your Own Independence** £300,000  
**Albert Gardens, Church Lanlgey** EPC B

Tucked away in this cul de sac location is this well presented two bedroom middle terrace home with two allocated parking spaces, ideal for anyone who is looking to start out and get onto the property ladder. Internal viewing is highly advised. Ref 14760 Pick Up And Dial



**Guide Price** £230,000 - £240,000  
**Torkildsen Way**

**Open Plan Living**

EPC B

This modern built two bedroom open plan top floor apartment is within walking distance to the Town Centre and Train Station. The property is ideal for a first time buyer looking to get on the property ladder. Internal viewing is highly advised.

Why Wait? View Now



**Guide Price** £290,000 - £300,000  
**Hookfield**

**Ideal For The Growing Family**

EPC C

Backing onto woodland is this spacious three bedroom terraced home located within easy reach to local schools and shops. The property benefits from a larger than average garden, off road parking and a conservatory. Internal viewing advised. Ref 14774

Viewing Essential



# YOUR HOME

**ABI JACKSON** asks some industry pros to run through the options when it comes to taps

**T**hey may seem small-fry in the grand scheme of kitchen design – but taps feature heavily in our day-to-day lives, and there's a surprising amount of options to choose from.

"Kitchen taps play an important role in every home. Not only are they often a focal point but they are used for different purposes throughout the day, so when choosing taps you need to think about practicality and design," says Simon Cornelius, head of marketing at Methven.

Fancy updating your faucets? We tapped up the experts for their top tips on current trends...

## FEATURES AND FUNCTIONALITY

Designers are constantly coming up with ways to make products more efficient and user-friendly, with taps no exception. It used to be that your biggest decision was whether to switch from having separate hot and cold taps to a single mixer tap – but the specs available have come a long way since then.

"The inclusion of swivel sprouts and pull-out hoses in our brand-new range enables you to easily wash pots without taking up too much kitchen workspace," says Simon.

Larah Kuziw, brand manager at Carron Phoenix, adds: "There's a huge choice of taps now, that come with features such as pull-out sprays, directional nozzles, filtration and more, so there are models to suit all of your kitchen and budget needs, from basic mixers to a multi-functional four or even five-in-one tap."

## BOILING AND FILTERING

Taking things a step further in the tap tech stakes, if you're looking to invest in some of the latest hi-tech kitchen options, you might want to consider a boiling water tap.

"Where once they may have been considered a luxury, we're now seeing (boiling water taps) regularly feature as one of the must-have appliances," says Becca Platts, design expert at Benchmark Kitchens.

"As many of the latest tap models

# Tapping in to style

can be fitted in place or to replace a standard hot/cold monobloc kitchen mixer, this does make sense. So much so, that we've now added a number of Abode models to our key range, so people have the option to trade up to filtered boiling, or even filtered boiling and cold water as required."

Designs will often have temperature settings, and Platts notes that multi-step operating features help ensure the taps are safe to use (so you can't accidentally flip on a flow of boiling water).

"Hot water taps give you so much more than an instant cuppa," says Jeanette Ward, communications manager at Franke.

"Their ability to deliver hot, cold and instant boiling water means they have myriad uses, such as blanching, sterilising baby bottles or knives,

boiling pasta or rice more quickly, or cleaning pans after a Sunday roast.

"When you have a hot water tap, you don't need a kettle anymore, so you can achieve a more streamlined look in your kitchen and free up some worktop space."

Still buying bottled water because you don't like drinking straight from the tap? Having a filtering tap

installed could help towards those single-use plastic reducing goals.

"Filtered water taps make a great choice if you're looking for access to premium quality water. These taps remove the majority of chlorine from tap water, along

with other impurities including particulates, rust, heavy metals and pesticides," says Luke Shipway, product manager at Caple.

"As a result, there's vast improvement on taste and odour, and the scale inhibitor helps reduce the build up of scale in your kettle, which is a great benefit."

## DON'T OVERLOOK DESIGN

Advanced specs aside, if your kitchen is the heart of your home, then you'll want to fill it with details you love – so think about how the tap fits within the wider theme of the space.

"It's also a current trend to invest in a tap which will add a touch of personality to your kitchen," says Simon.

"Taps with striking designs will enhance your kitchen and will make them focal points, rather

than just kitchen necessities.

"Don't forget to look beyond the design and pay consideration to the colour. While chrome is still popular, we are also seeing an increase in taps with colours incorporated, such as our Methven Gaston with black accent. This design will add a sleek contemporary touch to your kitchen and give you a base from which to create your interior scheme."

"This applies whatever type of tap you go for, including boiling water taps. "The use of different materials, colours and finishes is still a strong theme in kitchens, which is why one of the big trends in hot water tap design is the introduction of coloured finishes, like black, copper, gold, bronze and gunmetal, in addition to premium solid stainless steel," says Jeanette.

"These alternative finishes really help to draw attention to the tap as a statement piece, rather than just a practical piece of kitchen equipment"



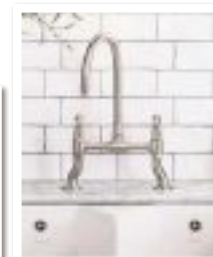
Omni Contemporary 4-in-1 (Franke) shown here in copper, RRP £1,600, which can dispense 100°C hot or cold filtered water and standard hot and cold



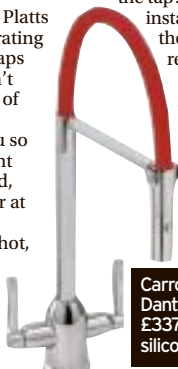
Caple's Ridley tap which comes in a copper and gunmetal finish, from around £238



Benchmark Kitchens range include Abode boiling water taps that start from around £709



Caple's stainless steel Putney Bridge tap, from around £330 which features a classic dual flow bridge design and ceramic valves



Carron Phoenix Dante Pull-Out tap, £337, featuring a silicone pull-out hose



Methven Gaston Sink Mixer tap with black accent, from £345



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**YOUR LOCAL PROPERTY EXPERTS**





£249,000

### SAWBRIDGEWORTH (Lawrence Moorings)

2 bedroom top floor apartment with views over the River Stort. 3 mins walk to train station serving London Liverpool Street. Living/dining room, kitchen, 2 bedrooms, bathroom, allocated parking. Vacant possession and no onward chain. Sole



£284,000

### TAKELEY

2 double bedroom, double storey extended character cottage with a 150ft garden, parking to front, large living room, good size kitchen/diner, luxury en-suite and family bath/shower room, double glazed and character feature. Must be viewed. Sole agents.



£329,950

### SAWBRIDGEWORTH (Rosina Court)

Huge ground floor apartment in excess of 1,000 sq ft with its own private rear garden. 1 min walk from train station serving London Liverpool St. Luxury kitchen/breakfast room, large living/dining room, 2 double bedrooms, 2 en-suites, allocated off-road parking. Offered with vacant possession and no onward chain.



£340,000

### HARLOW (Carters Mead)

Extremely well presented 3 bedroom home with a large living/dining room, modern kitchen and bathroom, utility, large rear garden, driveway and parking. Owners found and ready to move. Sole agents.



£349,950

### SAWBRIDGEWORTH (West Road)

Semi-detached 3 bedroom home within walking distance of village centre, train station and schools. 120ft rear garden. Scope to extend (stp). Vacant possession and no onward chain.



£395,000

### OLD HARLOW (Mulberry Green)

Impressive 2 bedroom ground floor apartment set in this stunning 18th Century, Grade II listed conversion. Period features, sash windows, 9ft high ceilings, impressive kitchen/dining room, sitting room, modern shower room, outside veranda, carport. Close to village centre and station. Sole agents.



£425,000

### SAWBRIDGEWORTH (Church Walk)

Renovated 3 bedroom detached home in a prime position of the village. 5 mins walk to the station and in the heart of the village. Extended by its current owner and scope for second storey extension (stp). Driveway and parking for 2 cars. Sole agents.



£435,000

### HARLOW (Grey Goose Park)

Detached family home in need of some modernisation. Large living room, kitchen/dining room, ground floor bedroom/office with wet room, 3 first floor double bedrooms, large family bathroom, enclosed rear garden, driveway and parking. Sole agents.



£465,000

### Sawbridgeworth (Sayesbury Road)

Spacious 4 bedroom Victorian home. Close to town centre and walking distance of train station. Spacious sitting/dining room, good size kitchen, conservatory, 100ft rear garden. Must be viewed. Sole agents.



£465,000

### HATFIELD HEATH

Spacious 4 bedroom cottage with a large living room, separate dining room, kitchen, ground floor shower room, large first floor bathroom and off-street parking. Close to village centre. Sole agents.



£470,000

### SAWBRIDGEWORTH (Parkway)

Beautifully presented 3 double bedroom family home with a large open plan living area with bi-folding doors onto garden, luxury kitchen and bathroom, west facing rear garden, garage and parking. Sole agents.



£550,000

### BISHOPS STORTFORD (Thorley Lane)

Detached 4 double bedroom family home. Walking distance of sought after schools and town centre. Large living room, separate dining room, kitchen, utility, good size garage, driveway and enclosed rear garden. Must be viewed. Sole agents.



£620,000

### SHEERING ROAD (Camplings)

Unique luxury property with many original period features throughout. Situated in mature grounds of this high quality development with 3 bedrooms, 2 bath/shower rooms, huge open plan living space and kitchen, 2 single garages. Offered with vacant possession and no onward chain.



£895,000

### SAWBRIDGEWORTH

Spacious 4 bedroom detached luxuriously appointed brand new home on an exclusive development. Central location. Magnificent kitchen/dining room, walled garage, garage. 10 mins walk to station. Joint sole agents.



£975,000

### GREAT HORMEAD

Extremely high quality barn conversion in a picturesque village location with many original features throughout. Large kitchen/family room, utility, living room, dining/family room, 4-6 bedrooms, driveway, double cartilage, 100ft south facing rear garden. Sole agents.



£595 pcm

### SAWBRIDGEWORTH (Ladywell Prospect)

Ground floor studio apartment, within walking distance of Sawbridgeworth mainline station and other local amenities. The property has been fully furnished to a high standard and enjoys a recently refitted kitchen and bathroom and a good size living area, electric storage heating, gardens and allocated parking.



£750pcm

### SAWBRIDGEWORTH (Ladywell Prospect)

Unfurnished one bedroom first floor maisonette just a short walk from station. Shower room, fitted kitchen, large double bedroom and good size lounge/diner. Double glazing throughout, gas fired central heating and parking. Available November.



£875 pcm

### SAWBRIDGEWORTH (Lawrence Moorings)

Unfurnished, top floor two bedroom apartment overlooking the river Stort. The property comprises good size lounge, two bedrooms, bathroom and kitchen. Allocated parking. Short walk from Sawbridgeworth train station serving London Liverpool St, Cambridge and Stansted Airport. Available Now



£900pcm

### OLD HARLOW (Market Street)

Well-presented, 2 bedroom, ground floor maisonette situated in an ideal location at the heart of Old Harlow within walking distance of Harlow Mill station. Open plan lounge/dining area, opening on to kitchen, 2 bedrooms and bathroom. Parking for cars in tandem. Available November.



£945pcm

### STANSTED (Recreation Ground)

Delightful ground floor two bedroom maisonette in an extremely rare and sought after location in the centre of Stansted, only a short walk to mainline station and facilities. Large kitchen/breakfast room, sitting room, two bedrooms and bathroom. Allocated parking and garden to front.



£950pcm

### BISHOPS STORTFORD (Braziers Quay)

Recently refurbished, unfurnished, top floor two bedroom apartment in a sought after location, just a short walk to the town centre and train station. Entrance hall, two bedrooms, bathroom, good size living room/dining room and fitted kitchen. Fine views to the rear over the River Stort.



£1050pcm

### HIGH WYCH (High Wych Lane)

Two bedroom semi detached period cottage in sought after village location. This unfurnished property enjoys period features including exposed brickwork, beams and timbers. Good size kitchen/dining area, lounge, 2 bedrooms and family bathroom. Driveway parking for one car and enclosed garden. Available now



£1150pcm

### STANSTED (Manor Road)

Three bedroom, semi detached family home located within walking distance of mainline station. Newly redecorated throughout. Bright living room, good size kitchen/dining area, downstairs WC, three bedrooms and family bathroom. Rear garden and tandem parking for 2 cars. Available now.



£1195pcm

### EASTWICK (Eastwick Hall Lane)

3 bedroom semi-detached Victorian cottage set in a rarely available rural location. Two adjoining reception rooms, kitchen, ground floor shower room, three bedrooms, bathroom and separate wc. Brick built out buildings for storage, fine countryside views and ample parking. Available now.



£2950pcm

### LITTLE LAVER (Nr. Matching Green)

5 bedroom barn conversion providing spacious accommodation. Situated in the village of Little Laver in a mixed development of barns, a short drive from Matching Green. Exposed beams and timbers, enjoying a magnificent open plan kitchen and dining area. Available now.





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# The path to a successful



UNIT 4, CHURCH LANGLEY WAY, CHURCH LANGLEY

01279-410084

VIEWING ADVISED



Victoria Gate

£279,995

- Two Bedroom House
- Mid Terrace
- Conservatory To Rear
- Cul-De-Sac Location
- Two Allocated Parking Spaces
- EPC Rating: Awaiting

GREAT PRICE



Potters Field

£289,995

- Three Bedroom Mid Terrace
- Potential to Extend (STPP)
- Within Easy Reach of Good Transport Links
- Close to Local Shops & Amenities
- EPC Rating: D



Malkin Drive

£299,995

- Two Bedroom Mid-Terraced House
- Two DOUBLE Bedrooms
- En-Suite To Master Bedroom
- Off Street Parking For Two Cars
- Recently Decorated Throughout
- EPC Rating: D

GREAT PRICE



£300,000

- Three Bedroom Mid Terrace
- Within Catchment of Sought After Local Schools
- Close to Local Shops & Amenities
- Easy Access to Good Transport Links
- EPC Rating: B

LONG LEASE



Beaker Mews

Offers In The Region Of £310,000

- Two Bedroom Coach House Sought After Location
- Parking
- Two Garages
- Easy Access to Good Transport Links
- EPC Rating: C

GOOD LOCATION



Ridgeways

£345,000

- Three Bedroom Semi Detached House
- CHAIN FREE
- In Need of Modernisation
- Off Street Parking For Two Vehicles
- En-Suite to Bedroom One
- Downstairs Cloakroom
- EPC Rating: Awaiting

FIVE BED



Aynsley Gardens

£392,000

- Five Bedroom Semi-Detached House
- Double Garage
- Off-Street Parking
- En-suite to Bedroom 1
- EPC Rating: C

VIEWING ADVISED



Chaliner

£457,995

- Four Bedroom House
- Detached
- Large Garden
- One Owner Since Being Built
- Natural Daylight Throughout

NEW INSTRUCTION



Newhall

460,000

- Four Bedroom Link-Detached House
- CHAIN FREE
- Freehold
- Off Street Parking & Car Port
- En-suite & Dressing Room To Master Bedroom
- EPC Rating: B



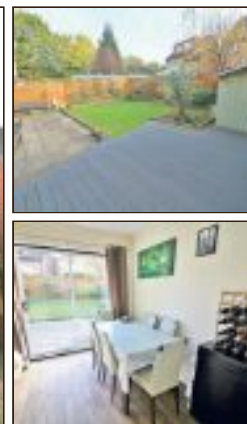
NEW INSTRUCTION



Denby Grange

500,000

- Five Bedroom Detached
- Ground Floor Cloakroom
- Dressing Room & En-Suite
- Rear Garden Approx 35ft
- Garage & Driveway For 3 Cars
- EPC Rating C





# al move this Autumn...



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19 EASTGATE, HARLOW  
**01279-433033**



AUCTION

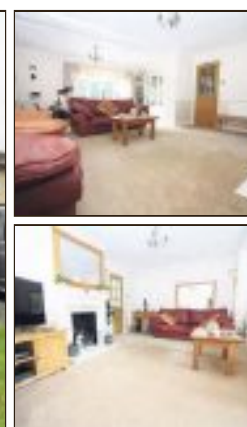


**Epping Road,  
Roydon**

**Sarting Price  
£600,000**

- Three Bedroom Bungalow
- Off Street Parking for Four / Five Vehicles
- Conservatory
- Landscaped Rear Garden
- Sought After Area of Roydon
- EPC Rating: Awaiting

VIEWING ADVISED



**Brooklane Field**

**£470,000**

- Four Bedroom Semi Detached House
- Two Reception Rooms
- Downstairs Cloakroom
- Within Catchment of Sought After Local Schools
- Within Easy Reach of A414 / M11
- EPC Rating: E

CHAIN FREE



**Dadswold**

**£169,995**

- A One Bedroom Flat
- Located On The Second Floor
- Within Walking Distance To The Harlow Town Shopping Centre
- Permit Parking
- EPC Rating: C

CHAIN FREE



**Mill Court**

**£185,000**

- Two Bedroom Flat
- CHAIN FREE
- Walking Distance of Harlow Town Station
- En-suite to Bedroom One
- Open Plan Lounge / Diner
- EPC Rating: C

SHARE OF REAR



**Wedhey**

**£210,000**

- A Two Bedroom Ground Floor Flat
- One DOUBLE Bedroom
- Communal Driveway
- Lounge / Diner
- EPC Rating: D

CHAIN FREE



**Waterhouse Moor**

**Offers In The Region Of £250,000**

- Two Bedroom Terraced House
- DOUBLE BEDROOM
- Storage / Storage Room
- Lounge / Diner
- EPC Rating: C

AUCTION



**Pennymead**

**By Auction  
£250,000**

- Three Bedroom Terraced House
- CHAIN FREE
- Potential To add a Driveway (STPP)
- Ideal First Time or Investment Purchase
- EPC Rating: D

NEW INSTRUCTION



**Spinning Wheel Mead**

**Offers In The Region Of £275,000**

- Three Bedroom Mid Terrace
- Popular Location
- Secluded Rear Garden
- Larger Than Average Lounge / Diner
- EPC Rating: D

VIEWING ADVISED



**Woodcroft**

**£350,000**

- Three Bedroom End of Terrace
- Open Plan Lounge / Diner
- Two Reception Rooms
- Recently Re-fitted Kitchen & Bathroom
- EPC Rating: D

VIEWING ADVISED



**School Lane**

**£775,000**

- Four Bedroom Detached Property
- Two Reception Rooms
- 1500+ Sq Footage Maintained Garden with Fruit Trees
- Walking Distance of Harlow Town Station
- Overlooking Harlow Town Park
- EPC Rating: D





**NEW**




**MALKIN DRIVE, CHURCH LANGLEY £425,000**

- Five Bedrooms
- Two Receptions
- Stunning Kitchen/Diner
- Garage & Drive
- Ground Floor Extension
- Landscaped Garden
- En-Suite & W.C
- EPC Rating: C

**NEW**




**THE CHANTRY, HARLOW £349,995**

- Four Bedrooms
- Two Receptions
- Conservatory
- Ground floor W.C
- Terraced Home
- Large Lounge
- Pleasant Outlook
- EPC Rating: TBC



**Bowhill Way, Fifth Avenue £365,000**

- Three Bedrooms
- Kitchen/Diner
- Modern Home
- Cul-De-Sac Location
- End Of Terrace
- Immaculate Condition
- Allocated Parking
- EPC Rating: B



**Mulberry Green, Old Harlow £364,995**

- Two Bedrooms
- Modern Kitchen
- Open Plan Living
- Parking Area
- End Of Terrace
- Pretty Cottage
- Private Location
- EPC Rating: B



**Monksbury, Harlow £350,000**

- Three Bedrooms
- Lounge/Diner
- Garage & Driveway
- Popular Location
- Semi Detached Home
- Conservatory
- Cul-De-Sac Location
- EPC Rating: TBC



**MANOR ROAD, OLD HARLOW £349,995**

- Three Bedrooms
- Two Receptions
- Long Gardens
- CHAIN FREE
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: E



**WHARLEY HOOK, HARLOW £340,000**

- Three Bedrooms
- Open Plan Living
- Newly Built House
- End Of Terrace
- Driveway
- 10 Year Build Warranty
- Chain Free
- EPC Rating: TBC



**SAKINS CROFT, HARLOW £340,000**

- Three Bedrooms
- Modern Kitchen
- Two Receptions
- Garage & Driveway
- Semi Detached
- Modern Bathroom Suite
- Well Presented Throughout
- EPC Rating: TBC



**FULLERS MEAD, HARLOW £339,995**

- Three Bedrooms
- Driveway
- Popular Location
- CHAIN FREE
- Semi Detached
- Lounge/Diner
- Cul-De-Sac Spot
- EPC Rating: TBC



**ALBERT GARDENS, CHURCH LANGLEY £332,500**

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D



**THE MAPLES, HARLOW £325,000**

- Three Bedrooms
- Kitchen/Diner
- Study/Playroom
- Cloakroom/W.C
- Renovated Property
- Immaculate Home
- Garage & Driveway
- EPC Rating: TBC

t: 01279 216216

e: [info@rjestateagents.co.uk](mailto:info@rjestateagents.co.uk)





NEW



**ALEXANDER MEWS, HARLOW £299,995**

- Two Bedrooms
- Gated Development
- Allocated Parking
- Chain Free
- Chalet Bungalow
- Lounge/Diner
- Popular Location
- EPC Rating: C



NEW



**SPINNING WHEEL MEAD, HARLOW £284,995**

- Three Bedrooms
- Kitchen/Diner
- Conservatory
- Close To Amenities
- Terraced House
- Well Presented
- Cul-De-Sac Location
- EPC Rating: TBC



**Pytt Field, Harlow**

**£315,000**

- Three Bedrooms
- Modern Fitted Kitchen
- Two Parking Spaces
- CHAIN FREE
- End Of Terrace
- Cul-De-Sac Spot
- Westerly Garden
- EPC Rating: TBC



**Felmongers, Harlow**

**£299,995**

- Three Bedrooms
- Potential For Drive STP
- Two Receptions
- CHAIN FREE
- Terraced Home
- Desirable Location
- Westerly Garden
- EPC Rating: TBC



**Sadlers Mead, Harlow**

**£295,000**

- Three Bedrooms
- Driveway
- Lounge/Diner
- Popular Location
- Middle Terrace Home
- Southerly Garden
- Utility Room
- EPC Rating: C



**FESANTS CROFT, HARLOW**

- Three Bedrooms
- Two Receptions
- Immaculate Home
- Over Looking Garden
- Overlooking Fields
- Modern Kitchen
- EPC Rating: D

**£294,995**



**AYNSLEY GARDENS, CHURCH LANGLEY**

- Two Double Bedrooms
- Driveway
- Lounge/Diner
- Well Presented
- Semi Detached Home
- Popular Location
- Southerly Garden
- EPC Rating: TBC

**£289,995**



**BARN MEAD, HARLOW**

- Three Bedrooms
- Lounge/Diner
- Cloakroom/WC
- Quiet Cul-De-Sac
- Middle Terrace
- Chain Free
- Popular Location
- EPC Rating: D

**£280,000**



**PERRY SPRING, HARLOW**

- Three Bedrooms
- Driveway
- Kitchen/Diner
- Unoverlooked Garden
- Middle Terrace
- Conservatory
- Cloakroom/WC
- EPC Rating: TBC

**£279,995**



**WESTFIELD, HARLOW**

- Three Bedrooms
- Driveway
- Lounge/Diner
- Chain Free
- Middle Terrace House
- Utility Room
- Popular Location
- EPC Rating: TBC

**£275,000**



**TICKHAN DRIVE, CHURCH LANGLEY**

- Two Bedrooms
- Kitchen/Break Room
- Recent Bathroom
- Parking For Two
- Middle Terrace
- Cul-De-Sac Location
- Southerly Garden
- EPC Rating: C

**£274,995**





**NEW PRICE**



**ABBOTSWELD, HARLOW £260,000**

- Two Bedrooms
- Lounge/Diner
- Front Extension
- Driveway To Front
- Terraced Home
- Westerly Garden
- Modern Kitchen
- EPC Rating: D

**NEW**



**206 SHAWBRIDGE, HARLOW £260,000**

- Three Bedrooms
- Two Receptions
- Extended Property
- Chain Free
- Terraced House
- Overlooking Green
- Close To Amenities
- EPC Rating: TBC

**NEW PRICE**



**Barn Mead, Harlow £270,000**

- Three Bedrooms
- Lounge/Diner
- Ground Floor WC
- CHAIN FREE
- Middle Terrace
- Westerly Garden
- Popular Location
- EPC Rating: D



**The Gardeners, Church Langley £270,000**

- Two Bedrooms
- CHAIN FREE
- Two Parking Spaces
- Well Presented
- Middle Terrace
- Southerly Garden
- Cul-De-Sac Location
- EPC Rating: TBC



**Abbotsweld, Harlow £269,995**

- Three Bedrooms
- Dining Area
- Modern Kitchen
- Extended Property
- Terraced House
- Westerly Facing Garden
- Popular Location
- EPC Rating: TBC



**CROSSBILL WAY, NEWHALL £267,500**

- Two Bedrooms
- En-Suite Shower Room
- Open Plan Living
- Own Balcony
- Apartment
- Ground Floor
- Allocated Parking
- EPC Rating: B



**PRIORY COURT, HARLOW £229,995**

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Bloc
- Private Apartment
- First Floor
- Modern Kitchen
- EPC Rating: C



**SOUTHERN LODGE, HARLOW £219,995**

- Two Bedrooms
- Residents Parking
- Warden Assisted
- Chain Free
- First Floor Apartment
- Lounge/Diner
- Communal Gardens
- EPC Rating: D



**GUILFORDS, OLD HARLOW £210,000**

- Two Bedrooms
- Open Plan
- Well Presented
- Chain Free
- First Floor Apartment
- Desirable Location
- Communal Garden
- EPC Rating: C



**COALPORT CLOSE, CHURCH LANGLEY £210,000**

- Two Bedrooms
- Allocated Parking
- Lounge/Diner
- First Floor
- Apartment
- Popular Location
- Communal Garden
- EPC Rating: C



**BERECROFT, HARLOW £200,000**

- One Bedroom
- Lounge/Diner
- Well Presented
- Chain Free
- Detached Bungalow
- Own Rear Garden
- Rarely Available
- EPC Rating: TBC





NEW PRICE



**TATTON STREET, NEWHALL** **£455,000**

- Four Bedrooms
- Kitchen/Diner
- Immaculate Home
- Double Garage
- Detached House
- Two Receptions
- En-Suite Shower
- EPC Rating: C

NEW



**THE GOWERS, HARLOW** **£450,000**

- Four Bedrooms
- Garage & Driveway
- Desirable Location
- Large Extension
- Semi Detached Home
- High Spec Finish
- Quiet Cul-de-Sac
- EPC Rating: B/C



**Westbury Rise, Church Langley** **£560,000**

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: D



**Park Avenue, Harlow** **£525,000**

- Four Bedrooms
- Two Receptions
- Utility/WC
- Popular Location
- Semi Detached
- Driveway
- 100ft Garden
- EPC Rating: F

NEW



**Goldcrest Way, Newhall** **£375,000**

- Three Bedrooms
- Lounge/Diner
- Modern Kitchen
- Driveway
- Detached Property
- En-Suite Shower Room
- Balcony
- EPC Rating: B



**FARNHAM CLOSE, SAWBRIDGEWORTH**

- Four Bedrooms
- Garage & Driveway
- Quiet Cul-De-Sac
- Chain Free
- Detached Home
- Two Receptions
- Southerly Rear Garden
- EPC Rating: TBC

**£475,000**



**ROUND HOUSE WAY, NEWHALL**

- Four Double Bedrooms
- Driveway
- Balcony
- NHBC Warranty
- Link Detached
- En-suite To Master
- Desirable Location
- EPC Rating: TBC

**£464,995**



**BROOKLANE FIELD, HARLOW**

- Four Bedrooms
- Two Receptions
- G/Floor Extension
- Landscaped Garden
- Semi Detached
- Modern Kitchen
- Garage & Driveway
- EPC Rating: D

**£450,000**



**ASHWORTH PLACE, HARLOW**

- Four Bedrooms
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- Two Receptions
- Western Garden
- Detached Family Home
- Desirable Location
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**DACRES GATE, ONGAR**

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- Ground Floor W/C
- Car Lodge Parking
- End Of Terrace
- Gated Development
- Exclusive Location
- EPC Rating: D

**£415,000**



**DENBY GRANGE, CHURCH LANGLEY**

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- Cul-De-Sac Spot
- EPC Rating: C

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# Our Finger On The Property Market Pulse

# GUARDIAN

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**£135,000**

Willowfield Tower, Harlow



Guardian are delighted to offer an immaculate one bedroom flat with LEASE BEING EXTENDED TO 180 YEARS. Larger Dads Wood layout, brand new electric shower, fully tiled bathroom, permit parking. Great first time buy or investment opportunity! EPC: C

**£169,995**

Dadswood, Harlow



**New Instruction**

Guardian are delighted to offer for sale this two bedroom first floor flat situated within walking distance to the Town Centre and Princess Alexandra Hospital. The property boasts, security entry phone system, double glazed windows, electric storage heating. EPC: C

**£188,000**

Dadswood, Harlow



Guardian are delighted to offer a rarely available 2 bedroom maisonette in Church Langley with parking and walking. NO service and maintenance charge. NO ground rent. Own front door! New kitchen fitted recently, large lounge and two good sized bedrooms. EPC: C

**£215,000**

Chamberlain Close, Church Langley



**Private Area**

Guardian are delighted to offer this immaculate two bedroom flat in the sought after private area of Bromley Close! Includes private parking, en suite, large bedrooms and living area! Second floor, UPVC double glazed throughout and electric heating. EPC: C

**£225,000**

Bromley Close, Harlow



Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace. EPC: D

**£260,000**

Taylifers, Harlow



**Immaculate Condition**

Guardian are delighted to offer an immaculate three bedroom house in Sycamore Field. Three good sized bedrooms, modern fitted kitchen and bathroom. Close to local transport links and amenities. Double glazed throughout with gas central heating. EPC: E

**£267,000**

Sycamore Field, Harlow



Guardian are delighted to offer this recently renovated three bedroom mid terrace property with three Double bedrooms. The current owner has lovingly refurbished this property with a traditional feel.

**£308,699**

Quary Spring, Harlow



Guardian are delighted to offer this four bedroom end of terrace property idyllically positioned in a quiet cul de sac close to the town, train station, local amenities and schools. The current owners having lovingly refurbished the property and converted the garage. EPC: D

**£365,000**

Morley Grove, Harlow



**Four Bedrooms**

Guardian are delighted to offer this Four bedroom detached property comprising converted garage to create either a second reception room or fourth bedroom with own en-suite. Also benefiting from ground floor cloakroom, kitchen/diner. EPC: C

**£390,000**

Heathcote Gardens, Church Langley



Guardian are delighted to offer for sale this four bedroom detached house situated in the Potter Street area of Harlow. The property is presented in good decorative order and boasts four double bedrooms, gas heating to radiators, high spec modern fitted kitchen and good size rear garden.

**£399,995**

Glan Avon Mews, Potter Street



Guardian are delighted to offer this Chain free, well-proportioned 3 double bedroom Mews House with Car-port. The property is situated in the sought after village of Roydon which benefits from a main-line station providing direct rail services to Stansted. EPC: C

**£415,000**

Roydon Mews, High Street, Roydon



Guardian are delighted to offer for sale this Four / Five Bedroom detached house in the ever popular private area of Church Langley located close to the M11, local amenities and schools. The property overlooks a green in a very quiet cul de sac. EPC: D

**£465,000**

Wedgewood Drive, Church Langley



**Family Home**

Guardian are delighted to present this rarely available five bedroom detached family home in desirable private area of Church Langley. Cul de sac location, converted garage, parking, summer house and many modern features. EPC: D

**£560,000**

Davenport, Church Langley



Guardian are delighted to present this rarely available six bedroom detached family home in desirable private area of Church Langley. This stunning property has been finished to a high standard throughout. Benefits include a modern kitchen with integrated appliances. EPC: C

**£580,000**

Whieldon Grange, Church Langley



**Viewings Advised**

Built in late 2017, Guardian are delighted to offer for sale this bespoke high specification home. Detached with ample parking for up to six vehicles, double garage and good sized garden surrounding. EPC: B

**£899,995**

The Bungalow, High Wych

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# HOME STYLE



Pet bowl stand, £45, Made

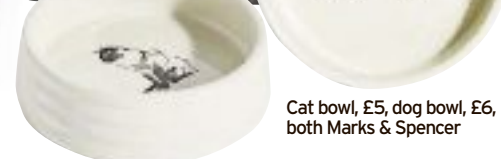


Pet padded pillow, £15, Marks & Spencer

Dog toys pet storage tub, £7.99 Aldi



Rosewood grey teddy bear cat bed, £19.99, Argos



Cat bowl, £5, dog bowl, £6, both Marks & Spencer

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\* Prices correct at time of going to print. Offers available while stocks last

Collapsible pet travel bowl, £12, Pet London at Selfridges



Cosipet step-in suit quilted dog coat from £13, Waitrose Pet



Small copper pet bowl, £25, Made



Pet Collection leopard blanket, £3.79, Aldi (in store only)

Pet shampoo, £5, Marks & Spencer



Fred & Ginger rope knot chucker dog toy (left) £5; Sophie Allport Bone dog toy (below), £9, both John Lewis



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**NEW LISTING**



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- Two Bedroom House
- EPC Rating D
- Located On The Outskirts Of Harlow
- White Goods Included
- Available End November
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- One Allocated Parking Space

**NEW LISTING**



**CANNONS GATE £1000 PCM**

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- Modern Property
- Integral Appliances
- Close To Town/Station/Hospital
- EPC Rating C
- Available Now
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**NEW LISTING**



**MILWARDS £675 PCM**

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- EPC Rating D
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- White Goods Only
- Allocated Parking
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- Available Now

**NEW LISTING**



**RAM GORSE £310,000**

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- Recently Refurbished Throughout
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**New Instruction**

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**MILL COURT Price guide £280,000**

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- Living Room
- En-suite to Master Bedroom
- Garage & Driveway
- Popular Old Harlow Location



**CANONS GATE £279,995**

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- Double Glazing
- Parking to front of property
- Modern Kitchen & Bathroom
- Well Maintained Rear Garden
- Close to Harlow Town Centre & Train Station



**HOLMES MEADOW £270,000**

- Two Bedroom Family Home
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- Double Glazing
- Fitted Kitchen & Bathroom
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- NO ONWARD CHAIN



**WEDHEY £210,000**

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- Share of Garden - Front & Back
- Driveway to One Car
- Gas Central Heating
- No Service Charge



# TEST DRIVE

Hyundai Nexo

BY **CHRIS RUSSON**

**T**HE Hyundai Nexo is a car with a difference – in more ways than one.

Not only is it fuelled by hydrogen, drives on electricity and produces no CO2 emissions, it also has a special filter fitted that actually cleans the air as it drives along.

And for the past few weeks a right-hand drive, British registered Nexo has been driving some of London's most polluted roads to do its bit during Clean Air Month.

We joined in and took the Nexo on a drive from Park Lane, around Marble Arch and then along Marylebone Road to Kings Cross and back.

That is one of the most polluted routes in the capital where the EU limits for particulate matter and nitrogen dioxide can be exceeded.

It's just under seven miles long but in London traffic it took more than half-an-hour to cover and according to the Nexo's onboard readout we managed to purify the equivalent of more than eight kilos of air and reduce CO2 output by 1.5kg.

According to Hyundai, the Nexo can purify 26.9kg of air for every hour it's on the road – and that's the equivalent of what 42 adults breathe in the same time.

The filter is fitted to the Nexo as part of its hydrogen fuel cell powertrain which requires clean air to function efficiently and under regular conditions will be changed at service time.

For the clean air exercise Hyundai teamed up with University College London which had mapped out a 'most polluted route' using data from a King's College London study which analysed nitrogen dioxide (NO2) and particulate matter (PM) levels in the capital.

The Nexo's filter absorbs 99.9 per cent of fine dust known as PM2.5 – that's particulate matter that is impossible to see and less than 2.5 micrometers in diameter, about three per cent of the diameter of a human hair.

When absorbed by humans such particles can cause respiratory and vascular problems and levels are considered unhealthy when they rise above 35.4 µg per cubic meter in a 24 hour period.

On our route, levels in Park Lane, around Marble Arch and in Marylebone Road regularly come close to that.

The effect of the Nexo on the environment can be shown on the car's central display screen which revealed we had purified 7.2kL of air – or 8.82kg – enough clean air for five adults.

Sylvie Childs, Hyundai's senior product manager for the Nexo said: "We are all concerned about air quality and what affects it.

"At Hyundai, we are committed to improving the efficiency and environmental performance of all our vehicles and have been investing billions in bringing a full range of low and zero emission vehicles to the market place.

"We believe that the availability of alternatives, like the Nexo fuel cell electric vehicle, will bring the UK closer to its zero emissions future."

The Nexo is powered by a fuel cell which generates electricity from

hydrogen and it is emission free, the only waste product is water.

With a range of 414 miles from three 11.5 gallon fuel tanks the Nexo can be refuelled in around five minutes, little different to a regular visit to a filling station and much quicker than the 45 minutes it takes to quick-charge the latest generation of battery/electric vehicles for fewer miles.

At the moment, a full refill for a Nexo will cost in the region of £80 – about the same as many a large car.

From a technical point of view, the

Nexo is in the same league as any other five seat family car – it's similar in size to a Nissan Qashqai – and has a 0 to 60 time of 9.2 seconds, a maximum of 111mph and the power output is equivalent to 163ps.

The instrumentation is high tech with a central 12.3-inch touchscreen in the middle of the dash sitting above an array of controls in the centre console for the ventilation and entertainment systems.

Gear selection is push button – there's only drive, reverse and neutral – and there is a handy, auto-hold

function for the electronic parking brake which is a boon in traffic.

Another useful feature is a readout which converts hydrogen consumption into the equivalent miles per gallon and on our run in rush-hour London the Nexo averaged 61.8mpg – impressive given the traffic conditions.

The Nexo comes with a full set of safety features including a semi-autonomous lane following assist function which automatically adjust steering to keep the car in the centre of its lane.

With SUV-like looks room inside is above average and luggage space ranges from 461 litres to a maximum of 1,466 with the rear seats down.

The Nexo is Hyundai's successor to the iX35 fuel cell vehicle and will be on sale in 2019. The downside is the price – expected to be in the region of £60,000 – and the current lack of infrastructure for hydrogen powered vehicles.

At the moment there are just 11 filling stations in the UK sited in four clusters around London, Swindon, Sheffield and in Aberdeen.

Plans are in place to increase that to 55 stations by 2030 but the technology is still very much in its infancy and Hyundai is backing moves for the government to incentivise take up of fuel cell and other low emission vehicles.

Dr Michael Whiteley, head of fuel cell engineering at UCL's Electrochemical Innovation Lab said: "The recent report from the Intergovernmental Panel on Climate Change (IPCC) indicates that much more needs to be done to mitigate negative climate change.

"Our research into fuel cell technology has found it to be a promising transport solution to consider as an alternative to fossil fuel dependent cars and battery electric vehicles which have long charging times.

"Our research stretches from fundamental material science to full automotive fuel cell power systems for automotive applications. Going forward, we're building an advanced propulsion facility where we will develop and evaluate hybrid, battery and fuel cell powertrains for automotive applications."

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17/17	Vauxhall Viva Hatchback 1.0 SE 5dr [A/C]	Black	8881	£7299
15/15	Ford Fiesta Hatchback 1.25 82 Zetec 3dr	Red	26000	£7299
17/67	Vauxhall Viva Hatchback 1.0 SE 5dr	Black	709	£7499
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18/67	Vauxhall Corsa Hatchback 1.4 [75] SRi 5dr	Black	13909	£8990
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18/67	Vauxhall Corsa Hatchback 1.4 SRi 3dr	Grey	9785	£9690
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**CAR VAN TRUCK**  
**Any Condition**  
**Cash Payment**  
**£100 - £10,000**  
**07810 612 655**

**Scrap Cars & Vans Wanted**  
**Immediate Payment**  
**All classic cars & campervans for cash**

CASH PAYMENT CASH PAYMENT CASH PAYMENT



nationwide  
vehiclebuyers.com

Love to buy vehicles  
of all shapes and sizes  
from **£100-£30,000**  
Best prices paid, polite and  
friendly service  
7 days a week

**01279 897977**  
**07598 340539**

**CARS & VANS WANTED  
FOR RECYCLING**

£100 minumin paid for your  
scrap vehicle licensed scrap  
metal dealer

**Free collection**

**07979 633 296**  
**01279 860 146**

**CASH CARS LTD  
CARS OR VANS  
UP TO £5000 CASH**

ANY AGE ANY CONDITION  
MOT FAILURES, WRITE OFFS,  
ALL MAKES & MODELS

Driver and Vehicle  
Licensing Agency

VSC Registered to DVLA  
Free collection  
24/7  
FREEPHONE



**0800-955-1303**

**CARS AND  
VANS WANTED**

**ANYTHING CONSIDERED**

**\*LOW MILEAGE \* CAMPERVANS**

**\* MOT FAILURES \* HIGH MILEAGE**

**\*CLASSICS \* NEW & OLD**

**WE PAY MORE!**

**£600 - £15,000**

**1 HOUR POLITE SERVICE**

**7 days 8am-8pm COLLECTION**

**07506619253**

**WE BUY ANY CAR/VAN**

**Best prices guaranteed don't delay**

**£750 - £25,000**

**CASH TODAY - WE COME TO YOU**



- LOW MILEAGE
- HIGH MILEAGE
- MOT FAILURES
- VANS
- 4X4 LHD
- CLASSICS
- CAMPERVANS
- DAMAGED

**ANYTHING CONSIDERED**

**Fast Friendly, Reputable, Local Buyer**

**07944 787899**

**24/7 POLITE SERVICE**

**We Pay More**

**WANTED  
BRENTWOOD MET-  
ALS**

Top cash paid for all types of  
scrap metal.

Cars - Vans

Lorries -  
Plant & Machinery

ALSO  
Site clearances

Telephone Jason

01277 374215 or

07881411841

**CARS FOR  
CASH**

**ANYTHING  
CONSIDERED  
with or  
without MOT**

**07491 653866**

**Anytime 7 days**

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 email [jobs@trinitymirror.com](mailto:jobs@trinitymirror.com)

**Fish4jobs.co.uk**

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**INFLITE ENGINEERING SERVICES**  
**WE ARE HIRING. TOP RATES PAID.**

## INFLITE ENGINEERING SERVICES – WE ARE HIRING. TOP RATES PAID

Inflite Engineering Services Ltd are one of the UK's larger and most accomplished manufacturers of machined and fabricated detailed parts from most types of metals, hard and soft.

**AT OUR STANSTED SITE WE ARE RECRUITING FOR 15 PEOPLE ON DAY OR NIGHT SHIFT TO COVER THE FOLLOWING ROLES:**

### CNC MILLERS AND TURNERS – TOP RATES

Previous experience of Heidenhain, Bridgeport, Mazak's, Fanuc control, 3/4/5 axis machines preferred though we will also consider providing full training to those that have previous experience of machine operating.

### CYLINDRICAL GRINDERS – TOP RATES

Previous experience of operating a cylindrical grinding machine required.

**AT OUR BISHOPS STORTFORD SITE WE ARE RECRUITING FOR 20 PEOPLE ON DAY OR NIGHT SHIFT TO COVER THE FOLLOWING ROLES:**

### DETAIL FINE LIMIT SHEET METAL WORKERS – TOP RATES

Previous experience of fine limit sheet metal working essential:  
 Contact Richard Cross for an informal chat.

### DETAIL ASSEMBLY FITTERS – TOP RATES

Previous experience of sub-assemblies and more complex assemblies in a manufacturing environment: Contact Richard Cross for an informal chat.

**Signing on fee of £250 payable for all successful applicants.**

In addition to a highly competitive salary we offer a contributory pension scheme and private health care. If you are interested in applying for any of the above roles please email your CV and current salary details to our HR Manager [Bernadette.Warren@inflite.co.uk](mailto:Bernadette.Warren@inflite.co.uk) or phone for an informal chat with James Hawkins, Shop Supervisor on **01279 681681**.

## HGV CLASS 1 OR 2 DRIVERS REQUIRED

For a well-established company.  
 Hiab experience preferred but not essential.  
 Good rates of pay plus bonuses  
 Private health care offered at reduced rates  
 Knowledge of London beneficial  
 No nights away  
 Nazeing based company

call:  
**07960517526**  
 email: [jackiemessina@gmail.com](mailto:jackiemessina@gmail.com)

**Stewards Academy**  
 Parnall Road  
 Harlow  
 Essex CM18 7NQ  
 Tel: 01279 421951

**Headteacher: Mrs H Ginger**  
 No. of pupils 1074

Exciting opportunity have arisen for talented and forward-thinking individual to work within this vibrant and successful Academy. The successful candidate will have a keen interest in working with young people, a calm and confident manner, proven communication skills and a dedicated work ethic.

**Caretaker – Monday-Friday alternate shift pattern 6am to 2.30pm; 12noon-8.30pm 37hpw, excluding lunch breaks**  
**LGPS Scales-Points 11-21 actual commencing salary £18,278pa**

Further information is available from [www.stewardsacademy.org](http://www.stewardsacademy.org),  
**CVs are not acceptable-only use the Academy's application form.**

**Closing Date: 4pm 23rd November**  
**please ensure correct postage**  
**Interviews w/c 26/11 or 3/12 2018**

Visits are most welcome by arrangement with The HR Manager  
 Stewards Academy is committed to safeguarding and promoting the welfare of young people.

**Stewards Academy**  
 Parnall Road  
 Harlow  
 Essex CM18 7NQ  
 Tel: 01279 421951

**Headteacher: Mrs H Ginger**  
 No. of pupils 1074

Exciting opportunity has arisen for talented and forward-thinking individual to work within this vibrant and successful Academy. The successful candidate will have a keen interest in working with young people, a calm and confident manner, proven communication skills and a dedicated work ethic.

**Design and Technology Technician-Term time only+one week 35hpw, excluding lunch breaks**  
**BAND 3 Points 17-21, actual commencing salary £15,871pa**

Further information is available from [www.stewardsacademy.org](http://www.stewardsacademy.org),  
**CVs are not acceptable-only use the Academy's application form.**

**Closing Date: 4pm 23/11/2018 - please ensure correct postage**

**Interviews w/c 26/11 or 3/12/2018**

Visits are most welcome by arrangement with The HR Manager  
 Stewards Academy is committed to safeguarding and promoting the welfare of young people.



**JJ Food Service Ltd** is currently seeking **HGV 2 drivers** for our **Enfield, Dagenham and Sidcup Depots**.

We offer salary of £33,000.00 per annum.

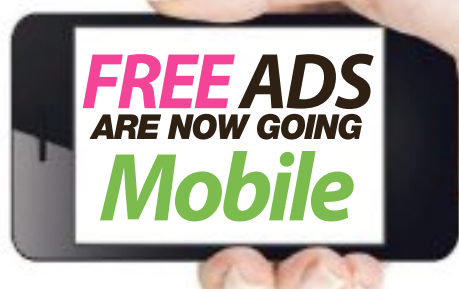
- Monday to Friday (no nights or weekends)
- Permanent Contract (no agencies)
- 28 days paid annual leave (including Bank Holidays increasing to 33)
- Free secure parking
- Initial training will be provided

This position will suit you if you are/have:

- Clean HGV Class 2 licence
- Valid CPC and Digital Tacho card
- Multi drop experience is preferable
- Physically active due to nature of the job including heavy lifting
- Good Geographic knowledge of the area
- Good customer service skills
- Tolerance for heavy traffic

To apply please visit [www.jjfoodservice.com](http://www.jjfoodservice.com) careers or call 01992701707

Only successful applicants will be contacted.



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**marketPLACE**  
 Visit: [bookanad.com](http://bookanad.com) **it's a no brainer!**



**PCV DRIVER**

Part time PCV licenced minibus driver required for contract work based in the Harlow/Sawbridgeworth/Bishop's Stortford area.

Good rates and holiday pay with this reputable, friendly local company.

Must hold a current PCV driving licence (D or D1)

**Driver CPC periodic training can be provided if lapsed**

Call Sharon on **01279 724020** or email **admin@chariots4hire.co.uk**

**CHARIOTS4HIRE.CO.UK**

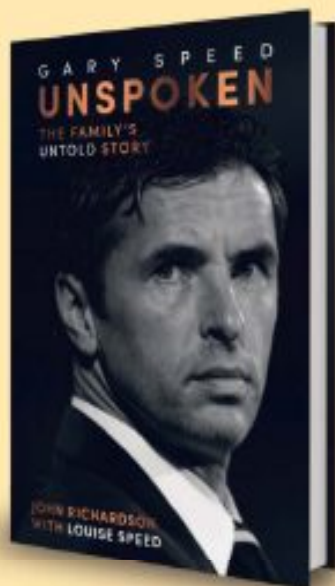
## LOOKING FOR A PLACE

to sell your kittens



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**'I'M JUST GOING TO GO TO SLEEP AND HOPE I NEVER WAKE UP...'**



TRAGIC GARY'S HEARTBREAKING LETTERS AND BRAVE WIDOW LOUISE'S MOVING STORY...

On sale from **AMAZON, WHSMITHS, WATERSTONES** and local book shops **www.sportmediashop.com**

**General**

## ESTATE AGENCY SALES SUPPORT

Full time & part time bright & enthusiastic people required to help and support our sales team in one of our busy local offices. Role will include viewings, telephone work, canvassing & general office administration. Experience is not essential as full training will be given.

The successful candidate will have a good telephone manner, a full driving licence, be able to work under their own initiative and have a great team ethic.



Please email your CV to **kelly.greenwood@kings-group.net** for an immediate interview.

## LETTINGS NEGOTIATORS REQUIRED

Do you have what it takes to become a top class lettings negotiator? Are you keen and enthusiastic? Are you willing to work hard for superb rewards? Do you have a full driving licence? Do you want a fulfilling career?

**YES?**



email: **tatiana.carver@kings-group.net**

Call **Tatiana Carver 01992-785000** or send your CV to **Tatiana Carver Kings Lettings LLP, Crown House 24-25 Turners Hill Cheshunt Herts EN8 8NJ**

## PROPERTY MANAGER

Are you an enthusiastic, hardworking individual, looking for a career in property management? Do you enjoy working with the public, can you meet the needs of our clients, and do you thrive under pressure in a busy environment? Do you have a clean full driving licence? Then a position in our property management department could be just the job for you.



email: **ella.fletcher@kings-group.net**

To apply call **Ella Fletcher 01992-785000** or send your CV to: **Kings Lettings LLP, Crown House, 24-25 Turners Hill, Cheshunt, Herts EN8 8NJ.**



**Sold £30**

**FREE** for any item under £100, higher priced items just £10 when booked online. Excludes pets, motors and trade.

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bookanad.com

# Travel

**Reader Offers**



## FLYING FROM AN AIRPORT NEAR YOU!



## Belfast & the Titanic Experience

**4 days from £349** Flying direct from an airport near you, March, April, May, June, August, September & October 2019

The story of the birth of the world's most famous liner is unveiled in one of Europe's fascination-packed cities.

### Tour highlights

- ✓ Admission to the spectacular *Titanic Belfast Experience*
- ✓ A fascinating half-day guided tour of Belfast and its major landmarks
- ✓ The opportunity to join an optional tour of the Antrim Coast and to visit the extraordinary Giant's Causeway
- ✓ Fully escorted by a friendly, experienced tour manager
- ✓ Three nights' three-star bed and buffet breakfast hotel accommodation, return flights and transfers



## André Rieu in Maastricht

**5 days from £659** Flying direct from an airport near you, 3, 5, 10 & 12 July 2019

This extended break includes an evening in the company of André Rieu and his Johann Strauss Orchestra and visits to Amsterdam and the 'Diamond Capital', Antwerp.

### Tour highlights

- ✓ A Category 5/£659 seated ticket to see André Rieu live in concert in Maastricht (ticket upgrades available)
- ✓ Visits to Amsterdam, Maastricht and Antwerp
- ✓ Fully escorted by a friendly, experienced tour manager
- ✓ Four nights' bed and breakfast accommodation at a four-star standard hotel in the Eindhoven area in The Netherlands, return flights and transfers



## The Spirit of Kraków

**5 days from £469** Flying direct from an airport near you, March, April, May, June, July, August, September, October & November 2019

Savour the preserved medieval glories of Poland's former Royal capital, and pay a moving visit to poignant Auschwitz.

### Tour highlights

- ✓ Enjoy a guided tour of Poland's stunning former Royal Capital
- ✓ Discover the great medieval square of Rynek Główny
- ✓ Wander the market stalls and galleries of the vast Sukiennice Cloth Hall
- ✓ Visit stunning Mariacki church, Wawel Castle, the Kazimierz district and Kraków's vibrant café culture
- ✓ Visit poignant, sobering Auschwitz-Birkenau
- ✓ Fully escorted by a friendly, experienced tour manager
- ✓ Four nights' four-star bed and breakfast accommodation, return flights and transfers

**Book today to reserve your place!**



Call **0330 160 8068**

QUOTE RGF

Visit **newmarketholidays.co.uk/rgf**

These holidays are organised & operated by Newmarket Holidays Ltd. ABTA V7812. ATOL protected 2325. Subject to availability. Single supplements apply. Standard phone charges





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Book an advert today at: [bookanad.com](http://bookanad.com)

**ONLINE ONLY DEALS** \* • **FREE** FOR ANY ITEM UNDER £100 • **ANY** ITEM ANY PRICE NOW JUST £10



## Free ads

## Sales

## Motors

## Pets

## Trade

\* **ONLINE ONLY DEALS** FREE for any item under £100, higher priced items just £10 when booked online. Excludes pets, motors and trade.

## How to advertise



**Buy&Sell** wherever, whenever  
you want **24/7** online!

**Free ads**  
**Sales**  
**Motors**  
**Trade**  
**Pets**

► **Private Sales**  
**01462 504155**

Monday - Friday: 9am - 5pm

► **Book Online**  
[bookanad.com](http://bookanad.com) **24/7**

► **Text 24/7** (private bookings only)  
**82070** Individual items under £100 only\*  
Start your text with **HARLO** followed by a space  
Advert comprising of no more than 20 words.  
£1.50 All advertisements are subject to approval.

## TRADE ADVERTISING

► **Browse Online**  
[essexlive.news/directory](http://essexlive.news/directory)

► **Book Online**  
[bookanad.com](http://bookanad.com) **24/7**  
**01992 526666**  
Monday - Friday: 9am - 5pm

**FREE\*** under £100. When booked online only. Excludes Trade, Wanted, Pets, Property and Motors.  
All adverts booked over the phone are chargeable.

## Classified

### Articles For Sale

#### WANTED FURNITURE WANTED



from one item to a whole house  
I will collect and pay cash  
For a fast and friendly service  
£1 - £1000  
Please call Robert on  
Tel: 07725040930

#### Chesterfield sofas wanted



We collect and pay cash for Chesterfield sofas, chairs and footstools

Please call Bob on  
07725040930

#### Wanted chesterfield sofas



We collect and pay cash for Chesterfield sofas, chairs and footstools

Call Bob on  
07725040930

#### LAUREL BUSHES

SUPERB QUALITY,  
POT GROWN IN HOLLAND.

3ft/4ft.

NOW IS THE TIME TO PLANT FOR  
A FAST GROWING EVERGREEN  
HEDGE.

(Same price as last year!  
£6.50 each)

CM11 1QN AREA

ONLY

**£6.50**

Tel: 01268 711002  
or 07542280771

**DISPLAY SHELVES** Wall hung  
42cm W x 53cm H. 6 shelves.  
Ideal for collectors items, die-  
cast toys etc. As new - £28.00.  
P&P £8.00. For details & photo  
email. £28.00 richardxfowler@btinternet.com

**LITTLE TIKES RIDE ON FRONT  
END LOADER BULLDOZER**  
RIDE/SIT ON BULLDOZER  
CRACKS  
STURDY CONSTRUCTION - LIT-  
TLE TIKES  
Length  
20" (51cm)  
Width 12" (30cm)  
Height 9" (23cm) £25  
07761632731

**Barbour Border waxed  
jacket** Barbour Border waxed  
jacket. Good condition.  
Colour green.  
Size 10/12m / 42 inch.  
New price £249.99 £85.00 ovno  
Mobile 078106 74798 or 01245  
474903

**Doors** Oak veneer internal  
doors, unused and good qual-  
ity. All 1981x762mm. Three,  
solid 6 panel oak, one oak  
with 10 glass panels and one  
oak with three glass panels.  
Under half price each or good  
deal for the four. £40.00 ono  
01277221635 or 07981 969102

**Cabinet.** Nice wooden display  
cabinet. With glass doors  
at top. Good quality. Exotic  
"Amazique" hardwood with  
rice grain. Craftsman made.  
Very good condition. Could  
deliver. £60 01462639410 or  
07833 626029

**Doors** Internal doors, one pine  
with two decorative glass  
panels. Both 1981x762 mm. One  
primed white wood with four  
glass panels. Unused, good  
quality. £30 and £20 or deal for  
both. £30.00 ono 01277221635  
or 07981 969102

**Electric Woodburner Fire.**  
Woodburner Stove. Dimplex  
2Kw electric heater with  
burning flame effect. Very at-  
tractive. Almost new and still  
with box. £35 01462639410 or  
07833626029

**Hozelock Hanging Basket  
Feeder** Hozelock Hanging  
Basket Feeder.  
Very useful feeder/waterer, no  
more reaching up to water or  
feed your hanging baskets. £12  
ovno 07941738384

**Single divan bed** Single divan  
bed with 2 drawers. Memory  
foam mattress and faux brown  
leather headboard included.  
VGC must be seen. Buyer to  
collect. £100 ovno 01277  
219336 or 07760384050

**CAST IRON Bar-B-Q** Three  
legged bowl, with grate &  
grille, all in cast-iron. Dimen-  
sions about 12" Dia. and 12"  
tall. BRENTWOOD. £15 01277  
223377

**Fruit Picker** Long light alu-  
minium pole,  
cuts the fruit which drops into  
the attached bag, simple.  
no longer required, photos  
available. £15 07941738384

**Ladies boots** Black knee  
length boots in excellent condi-  
tion size 5 £30 £30 ono  
Black ankle boots worn once  
as new size 5 £30 £30 ono  
07804746394 or 0120420457

**Leather Sofa** 2 seater.  
light brown, some damage  
underneath, but does not  
effect the comfort, or look of  
it. Buyer collects. £50.00 ono  
07783869654

**Lintels Catnic** 1500 IG catnic  
lintels x2. New and unused.  
Heavy duty, quality steel.  
£40.00 each or deal for both.  
£40.00 ono 01277221635 or  
07981 969102

**Micromark Fan Heater** Micro-  
mark 2.2Kw Fan Heater,  
Excellent Condition, Boxed,  
Photos available.  
Gidea Park, Romford. £15  
07941738384

**old charm cabinet** glass  
fronted cabinet suitable for  
books / hifi etc. 24in wide x  
19in deep x 36in tall.  
In good condition £30.00 ono  
01277 264919

**Sofa & Armchair.** Nice leather  
three seater sofa and reclining  
armchair. Cream colour. Good  
clean condition. Bargain price.  
Could deliver. £95 01462639410  
or 07833 626029

**Sofa.** Three seater sofa. Nice  
material. With remov-  
able cushion and arm covers.  
Clean and comfortable. Could  
deliver. £30 01462639410 or  
07833626029

**Cot mattress/long bench  
cushion** Mothercare  
70cmx140cm  
Plastic one side fabric on the  
other £20 01277821149

**Fridge/Freezer.** Large upright  
type. Good quality make - Sie-  
mens. Good condition. Could  
deliver. £60 01462639410 or  
07833 626029

**Hinged top ottoman** Hinged  
top ottoman on wheels used  
for storage and seat.  
4'longx15"deepx17"H. £30  
01277821149

**Book Case** Display cabinet.  
Glass fronted.  
46"Hx30"Wx12"D. 3 Shelves.  
can deliver. £50. 01277821149

**CARAVAN OR BOAT POWER  
CABLE** 24m (Orange with blue  
Plug & Socket on ends) BRENT-  
WOOD. £30 01277 223377

**Cooker** Belling Double oven vgc  
black and satin chrome. Buyer  
collects. £100.00 ono 01245  
267132 or 07514546493

**Fat Reducing Grill** Kaleido-  
scope Fat Reducing Grill,  
Unused, Photos available. £20  
ovno 07941738384

**Megaphone hand-held** Can  
be heard for miles. Also siren  
setting. Good condition. Can be  
tried. £45 01245 400026

**wheel chair** for sale light-  
weight foldaway excellent  
condition can deliver. £45  
07857 950812

**butler / Belfast sink** for  
sale excellent condition. Can  
deliver. £99 07857 950812

**Tyres x 2 Monza HR7  
175/65R 82H** Never used. £45  
01245400026

**HUNTER WELLINGTONS** Black,  
size 7 in very good condition  
viewing £10 01277 652018

### Antiques

**Singer Treadle Sewing Ma-  
chine** chance to own a unique  
piece of history. Black frame  
with iconic Singer logo badge  
you will not be disappointed  
with this bit of furniture.  
Collection from Great Baddow,  
Chelmsford. £100.00 ono 07754  
972942 or 01245476144

**TABLE LAMP BASES** A col-  
lection of 4 Retro style table  
lamp bases. All rewired with  
new brass fittings - £38. Post &  
Packing £8.00. For details and  
pictures please email £38.00  
richardxfowler@btinternet.com

**BRASS SHEATHED COAL BOX**  
ON casters, with top hinged  
lid. NOT FRONT opening. Has  
galvanised inner. HxLxB = 15 x  
20 x 13 inches. BRENTWOOD  
£35 01277 223377

**HONEYCOMB DISH & COVER**  
Ironsides Earthenware. 8 inch  
high, 10 Inch Diameter. Wicker  
Bee-skep & floral design.  
BRENTWOOD £60 01277  
223377

**COAL or COKE DRUM** Brass  
effect circular drum. D x H =  
12 x 17 inches. Contains a Galv.  
inner. Circular Lid. BRENTWOOD  
£15 01277 223377

### Books For Sale

**OLD Children's Annuals**  
Thunderbirds 1971, The Victor  
book for boys 1976, Knockout  
1974, Hotspur 1977, Countdown  
1973, Tom and Jerry 1971,  
Trumpton Story Book 1971, The  
Treasure Annual 1975, Henry  
Corder sports spectacular  
1975, New Super Book for  
boys 1970, Famous Fairy Tales.  
Hollywood London Film Parade  
Hardback Annuals. Plus others.  
Offers invited on any of these  
books. All these books are  
in nice condition. Location  
Chelmsford. Please Phone (no  
texts please) first to arrange  
viewing £30.00 07864073977  
01277 652018

**MRS BEETON** The Best of Mrs  
Beeton collection of cookery  
and household management  
books 8 volumes in its own  
box. Unused. Originally £63.92  
£15 01277 652018

**BRITISH RAILWAY** Modelling  
issues available from 2004 to  
2017 50 pence each or 12 is-  
sues for £5 £1 01277 231002

**STEAM RAILWAY** Magazines  
30 issues available 2015 to  
2017 £18 01702 231002

### Clothing

**LADIES** winter coat size 12,  
long length medium brown  
with thick faux fur lining in  
darker brown. Purchased from  
Selfridges a few years back but  
hardly worn. Cost over £400  
accept £40 01277 652018

**Cold Weather Safety Suit**  
Good condition. Size medium/  
Large. Waterproof, thermal and  
very warm. Ideal any type of  
outdoor pursuits. Bargain. £25  
01245400026

**ITALIAN PURE WOOL SUIT** by  
Mario Barutti, dark blue, double  
breasted 44" chest, trousers  
38" waist/33" length only worn  
once, excellent condition £95  
ovno 01277 652018

**Quality ladies jacket and  
skirt set** Elegant, country-  
style outfit by DAKS. Pure new  
wool, green size 12-14. Only  
worn once. £40 ovno 01245  
469067

**Ladies jacket** Quality light-  
brown suede jacket size  
14-16. Austrian style. As new.  
£40 ovno 01245 469067 or  
07799063430

**Mens suede jacket** Qual-  
ity light brown Austrian style  
jacket. As new. Size 40 - 42.  
£40 ovno 01245 469067 or  
07796211952

**Nike Hooded Gilet** Royal blue,  
large boys age 12-15 (chest  
152-158 cm), very good  
condition £10 01621 893321 or  
07887842073

**PURE WOOL SUIT** double  
breasted jacket 46" chest,  
trousers 40" waist, 32" long by  
British tailor, Dunn & Co, never  
worn £75 01277 652018

**BROWN SATCHEL BAG**  
LADIES GIRLS BAG BROWN  
JITL WITH TAGS MAKE GREAT  
PRESENT £5 01245259245

**Gents tweed country coat**  
by Bronte, wind and water-  
proof, size XL, little worn, vgc  
£15.00 01621860425

**hi Viz** jacket made by Timco  
code hvjxyz XLarge size un-  
used, good condition. £15  
07788 190709 or 01245440306

### Bicycles

**Ladies Racing Bike** Raleigh Sil-  
h-100 drop handlebars,  
pale green in good condition  
with 20" frame, 27" wheels  
plus a tyre dynamo and hill  
mudguards. Not used for long  
time but all sound. £50 ono  
07706 446398 or 01245 630855

**Trailer bike.** Trek child's tow-  
a-bike. For attaching behind  
adults bike to enable child to be  
towed along. With operating  
pedals. Good quality make and  
excellent condition. £40 01462  
639410 or 07833 626029

**Childs Bicycle** suitable for 5  
to 7 year old, bike in excellent  
condition fitted with stabilizers.  
Front and rear. With spare  
tyres. £25.00 01277 264919

**Mountain bike** Claude Butler  
mountain bike 26 inch wheels,  
24 speed gears, disc brakes  
front and rear. With spare  
tyres. £100 ono 07979 330565

**CARAVAN OR BOAT POWER  
CABLE** 25m (Orange with blue  
Plug & Socket on ends) BRENT-  
WOOD. £25 01277 223377

**Man's bicycle** Halfords Apollo  
Prodigy 21.8 brand new tyres.  
Shock wave suspension Works  
well £40 01277821149

**MOUNTAIN BIKES** X2 need at-  
tention good wheels and tyres  
one with disc brakes £25.00  
01245n602434

**Gents bike** Raleigh Ascender,  
excellent condition, 10 gears,  
plus a bell. £50 01992 537930

### Blinds/Curtains

#### 6 VENETIAN WHITE BLINDS

120cm wide x 152cm drop  
As new, boxed.

Will separate or all for:  
£50

4 net curtains to fit windows;  
8ft wide x 4ft drop

As new  
£40

4 vertical cream blinds  
All fittings including rails

Each at:  
**£25**

01621772711

**Damask Quality Lounge  
Curtains** 2 pairs Quality,  
Turquoise, Silky, Lined, Lounge  
Curtains & Ties. Drop 82", to fit  
2 polished wooden poles and  
rings length 7ft & 8ft over £500  
new £79 ono 01245 381020 or  
077932 057205

**JOHN LEWIS CURTAINS** 2  
pairs matching Sanderson  
Dandelion Clock pattern each  
curtain 66" wide x 84" long,  
fully lined with eyelet headings,  
hardly used. Ideal doors. Will  
separate £50 per pair or both  
pairs £85 01277 652018

**CURTAINS** beautiful grey cur-  
tains with large pale pink motif,  
triple pleat heading, size 120  
inches wide x 55 inches long.  
Professionally made and fully  
lined. As new £40 ovno 01277  
652018 or 07851 254833

**CURTAINS** 88" wide x 72" long  
lined. Cream with art deco  
style pattern, large plum and  
coffee coloured tulip print, very  
attractive, eyelet heading, as  
new. £40 01277 652018

**ROMAN BLIND** with matching  
solid pelmet. Pale blue with  
boating scene. 53" wide  
(135cms) x 47" drop (120 cms).  
Professionally made and fully  
lined, vgc £30 01277 652018

**Sheridan Curtains** Brand  
new unopened pencil  
pleat 180cm width 137cm  
drop with tie backs. Fine  
cotton washable. Originally £119  
£35 01277 824103

**NEXT CURTAINS** each curtain  
90" wide x 90" drop cream/red  
stripe, fully lined, eyelet head-  
ings, very good condition. £40  
01277 652018

**ORIGINAL VICTORIAN** Antique  
Curtain Pole, 8ins (20cm)  
diameter, with finials and rings.  
£30 01277 652018

### Building Materials

**DARK-STAIN internal DOOR**  
15" (3 x 3) panels of Flemish  
Glass. Size 27 x 78 x 183/8  
thick. Inches. Handles, No  
hinges.

Recesses for ball-chest & dou-  
ble door flick-up. BRENTWOOD.  
£15 01277 223377

**hardwood front door**  
44mm thick with top fan light  
and door furniture. Good  
condition £100 07788190709 or  
0124540306

**MANHOLE SILL & COVER**  
Cast iron cover & surround for  
ManHole. Imperial Dimensions  
obviously. BRENTWOOD £25  
01277 223377

### Book Shops

**HOW MY BODY WORKS** SET  
OF CHILDREN'S BOOKS ON  
HOW THE BODY WORKS. SET OF  
52 £10 01245259245



# Classified

## Computer/Games

**DESKTOP COMPUTER CPU HEATSINK AND FAN AKASA** 160mm x 160mm x 160mm. Intel and AMD processors. Suitable for Intel LGA775, LGA1366 and AMD 939, AM2 and AM2+ processors. Low noise black 120mm PWM fan. 3 long heat pipes for rapid heat transfer. Easy push pin (intel) or cam lever (AMD) mounting. In good working order and can deliver. £18 01438318734

**COMPUTER 3-SHELF UNIT** Black tubes & black ash wood finish, on casters. Size, HxDxB= 86x35x50 cm. 5 different units & sizes have to go 1 BRENTWOOD. £15 01277 223377

**DESKTOP COMPUTER RAM, 1GB, OCZ REAPER** HPC (heat pipe conduct), 240 pin DDR2 SDRAM, 1066MHz (PC2 8500), model no. OC2ZRP106662GK. In good working order and can deliver. £5 01438318734 or 07988559201

**Palm Vx Handheld PDA** Includes hot sync cradle & battery charger via serial port. Leather case, stylus, pen, HandBook & CD. Boxed as brand new. Ideal for enthusiast or collector of electronics. £5.00 01277 65272

**3 SHELF COMPUTER UNIT** Black Ash finish to wood & black on metal tubes. On casters. Size HxDxB = 86x35x50 cm. 3 different models available. BRENTWOOD. £15 01277 223377

**Nintendo Wii** 'Band in a Box' wireless guitar, drum kit & Beatles Rock Band game. Not boxed, but hardly used & in great condition. Ring at 9.30pm. £80.00 01245 610330

**Samsung 7 inch Tablet** with all original accessories + £15 worth Samsung case. The tablet is in mint condition. A bargain for serious buyer. £65 07746100626

**Sat-Nav Binatone F435 satellite** navigation system with case, car charger, wireless screen holder and user guide. All in new condition & never used. £30.00 01245 610330

**2 SHELF-UNIT FOR COMPUTER** Black Tubes and Shelves, 2 shelf unit on casters, HxWxD = 71x6x35 cm. BRENTWOOD. £15 01277 223377

**BLACK SHELF UNIT FOR COMPUTER** HxWxD = 91x6x43x32 cm. Black tubes and 3 Shelves, with casters. BRENTWOOD. £12 0127 223377

**COMPUTER'S Two shelf unit** Tubes & 2 Shelves in black, unit has casters. HxWxD = 71x6x35 cm. BRENTWOOD £15 01277 223377

**COMPUTER THREE SHELF UNIT** White tubes & shelves, but not on casters. HxWxD = 92x6x32 cm. BRENTWOOD. £15 01277 223377

**ECHO DOT** Amazon Echo dot 2nd generation. Echo dot 01245 355418

## Furniture

### Dining Table and Chairs

**Great quality Table and chair set.** Solid wooden table with iron legs. Four chairs with iron pattern on back. Used condition, a few scratches on the table top and chairs. Nothing too noticeable. **£130 one** 0781736270

**Solid Display Cabinet** Ideal for the Dining Room. Four display Levels, 1-Two Top Cupboards with doors and a full Width Shelf, 2-Full Width Open Display Area, 3-Full Width Glass Shelf, with Two Glass Sliding Doors. 4-On the Left, Cupboard with a Door. On the right, 2 open drawers. Unit in overall Total Measurements - Width 36"/92cm, Depth 15"/38cm. Height 67"/182cm. Very Solid. Comes from a Pet/Smoke free Home. Harlow location £50 07860 739977

**Round Dining Table & 4 Chairs.** Mahogany Table with 3 Solid Ornate Legs on Casters, Undercar 44"/112cm, Height 32"/81cm. Four Heart Shaped Round Backed Chairs, Ornate Front Legs, Plain Back Legs, Overall Height 34"/86cm. The Set is very Sturdy & Solid. Comes from Pet/Smoke free Home. Location Harlow. £80 07860 739977

**DERWENT** Easy Chair in a wide floral patterned quality fabric, leather cushion, walnut legs, arms and trim, vgc £75 01277 652018

## Furniture

**TV stand, Corner Unit - Antique Pine, solid wood** Ikea, antique pine, solid wood TV stand - corner unit. This item has been previously used but is in good condition. Height 61.5cm, width 100cm and depth 62cm. £20.00 ono 07984107482

**Children's Bookcase in the style of a dollhouse** Quality bookcase which is white with a pink roof & measures 107cm high x 81cm wide x 36cm deep. Can accommodate many books or other items. In good condition. £15 0150 01245443518

**Children's Drawer units on wheels comprising of 3 drawers x 2 units.** Interchangeable drawers in red, white & blue with football logo on. In good condition. Great for a bedroom or playroom. £10 0150 01245443518

**G Plan Teak Double Wall Unit** includes drinks cabinet with folding doors, lighting, glass display shelves and two cupboards. WS H5 10 D21". Excellent condition. Buyer collects. £80 01621 893321 or 07887842073

**old charm cabinet** Glass fronted cabinet suitable for books x 'hifi systems' / books etc. £5.00 01277 65272

24in wide x 19in deep x 36in high in good condition £30.00 ono 01277 264919

**Dining Chairs. Set of 6 inc 2 carvers. G Plan** Teak frames with fabric seat pad and back panel. Good clean condition. No snags, tears or stains. Buyer collects. £90 07598317375

**Large 3 seater cream fabric sofa** A large 3/4 seater cream fabric sofa. Good condition. Length 210 cms. New sofa coming in 1 day. Bargain price £90/- £90.00 07392060560

**Nest of Tables** Nest of 3 Tables, teak in colour, in good condition, some surface marks, but not damaged, photos available, possible local delivery. £25 0150 07941738384

**Wall Unit, G Plan, Teak,** includes lighting, glass display shelves and two drawers. Width 2' 4" Height 5' 11" Depth 21". Excellent condition. Buyer collects. £80 01621 893321 or 07887842073

**Coffee Table** Oval Coffee Table, plus matching mirror, teak in colour, vgc, photos available, possible local delivery. £40 0150 07941738384

**Retro Formica Cabinet** White & Teak effect, 2 glass doors & interior light, fold down door, shelf, 2 cupboards, 3 drawers W60" H52" D16" on castors (Romford) £20 07948 318956

**UTILITY SIDEBORD** 1940's approximately 4'6" wide x 33" high x 19" deep medium coloured, four drawers and two cupboards with shelves. £25 0150 01277 652018

**Parker Knoll** Occasional chair. Ideal bedroom. Square back, removable seat in beige, grey and pink muted pastels. VGC £15 0150 01277821149

**Television Stand** wood, silver colour, H19", D22", W34" reducing to 22" at back. Base shelf and middle shelf (Romford) £7 07948 318956

**Headboard - Kingsize** King-size headboard (180cm) Oyster colour faux wool. Excellent condition £25.00 01245 699284

**ROCKING Chair** Glider runner rocking chair. White. (No cushions/covers.) £20 0150 355418

**Mahogany dining table** Extending mahogany dining £5 0150 0788075792

**Sofa bed** Dark pink sofa bed hardly used v g c £90 01245443149

### Fires & Fireplaces (Sales)

**Wrought iron fire basket** black, never used, only stood in hearth. Width 17.5", depth 12", height 8.5" £45.00 01621850425

**Fire surround** Cherrywood fire surround. Height 48" width 58" and depth 7" £50 01277 224441

**Gas fire** Emborglow gas fire with balanced flue - good condition. £50 01277 224441

### Gardening Products

**Lawnmower** Petrol Rotary Good reliable engine. Good condition. With grass box. Excellent cut. Recent service. Can be tried on my lawn. £95 01245 400026

**Flymo leaf vac** Garden leaf vac. 2700W Garden Good working order. £25 01277821149

## Hobbies (Sales)

**Classic SCALEXTRIC Track** Classic SCALEXTRIC Track and Accessories to include 11 Curves, 2 Straights, 1 Chicane, Power Base, 2 Hand Controllers, and Power Adaptor. £12.00 0150 07986 386669 or 01245 472175

**SEA TOILET - Simpson Lawrence** Ready for a re-build. Black Plastics Seat & Cover. White Earthenware Bowl. Bronze Pump, Valves, Handle. Cast Iron Base. BRENTWOOD £50 01277 223377

**Fabrics for craft** Large selection of fabric offers Ideal for crafts. Prices from 50p or by yardage. Please contact for viewing. Price up to £5 01277821149

**BOAT FENDERS** 3off Blue 45x16cm. 1off Blue 40x14cm. 5off Blue 35x9cm. 3off Blue Teardrop 30x 19cm BRENTWOOD. Each £3 01277 223377

**LIFE PRESERVERS - ORANGE 3** off £5 Child size Crewsaver 1 off £15 Adult size Helly Hansen Navigare BRENTWOOD £15 01277 223377

**MOORING WARP** 21m hank of 10mm Dia. Nelson look-alike PolyProp. including black thread. BRENTWOOD £6 01277 223377

**HORNBY SELECT** R8213 DCC controller complete with instruction book and power supply £60 01702 231002

**PORTA POTTI Model 265** Rarely used and no longer used BRENTWOOD £30 01277 223377

**Heritage Railway** Magazines issues 2010 to 2016, 60 magazines in total £25 01702 231002

## Articles Wanted

**WANTED FOOTBALL ITEMS** TOP CASH PRICES PAID FOR PRE 1980S MEMORABILIA PROGRAMMES, TICKETS, PRESS PHOTO'S, PIN BADGES, PANINI ALBUMS - ANY CLUBS, COMPETITIONS.

ESPECIALLY BULK LOTS OF ENTIRE COLLECTIONS.

ANY CLUBS FROM PREMIER TO NON LEAGUE

\*\*\*NO BOOKS, VIDEO'S, DVD OR SIGNED ITEMS\*\*\*

Tel: 07930 330485

**WANTED OLD CAMERAS** Best prices paid for your old photographic equipment.

35mm or Digital Camera, lens Canon, Pentax, Nikon, Olympus, Bronica, Tamron, Minolta, or any other photographic equipment you might think of interest.

Bellows Cameras Perhaps???

pturnerphotographics@gmail.com

Tel: 07929 340709

**WANTED BICYCLES AND SPARES** Any condition and anything pre 1980 will be considered. Town bikes, Tandems, Shoppers, Choppers, Racers, Tricycles etc. Adults and children. Also job lot of spares bought. Nothing no older than 1980. ### No mountain bikes please ### Mountain bike will collect and pay cash.

07972 630090

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## Articles Wanted

**FOOTBALL PROGRAMMES WANTED** Local collector seeks especially pre-1970 Items, Finals, European, England, Spurs, Arsenal, West Ham, Chelsea etc and Whole Collections.

**01245 358660**

**FOOTBALL PROGRAMMES WANTED** Local collector seeks especially pre-1970 Items, Finals, European, England, Spurs, Arsenal, West Ham, Chelsea etc and Whole Collections.

**01245 358660**

**WANTED VINTAGE TOYS AND VIDEO GAMES** WANTED ALL VINTAGE TOYS AND VIDEO GAMES FROM 1930S TO 1990S ANYTHING CONSIDERED DINKYS NINTENDO AMIGA CORGI STAR WARS HE-MAN YOU NAME IT ANYTHING VINTAGE CASH PAID

01223560523 or 07470267134

**RECORDS WANTED** 50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP'S, EP'S AND 45's

**01279 813400**

**07881 453435**

**Beds/Bedroom**

**Bed Frame and Headboard** Light oak double bed frame with headboard. Excellent condition, solidly built. Can be dismantled for collection. W46 x L203 cms. Hornchurch area. £70 01708 700467

**Bedside Cabinets** 2 light oak 3 drawer Bedside Cabinets. Excellent condition, solidly built with smooth drawers on runners. W52 x D49 x H70 cms. £30 each. Hornchurch area. £60 01708 700467

**FUTON COVER** IKEA denim replacement cover and pillow/cushion covers unused, still wrapped, 10 to fit size 62" x 82" plus overlaps. £25 0150 01277 652018

**Air bed, queen size** with built-in pump to inflate and deflate, used once. Approx 2 x 15 x 0.6 metres inflated. With matching storage bag. £20 07919 380607

**John Lewis Bed head** For kingsize in cream. Wooden with metal headboard. Can be put your own fabric in if required. £30 01277 824103

**Pine double bed and mattress** Pine double bed frame (including headboard) and mattress. Good condition £20 0150 079191070

**Stag "Minstral" headboard** Headboard for kingsize bed. Excellent condition £70 01245 469067 or 0796211952

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## Arts & Crafts

**CARAVAN OR BOAT POWER CABLE** 10m Long. (Orange with blue Plug & Socket on end) BRENTWOOD. £15 01277 223377

**CHEESE-DISH & COVER** Domed earthenware, 8 inch high, 10 inch diameter. Flowers and wickerwork design. BRENTWOOD. £60 01277 223377

**Gold leaf imitation** 100 leaves per pack, each leaf 140mm x 140mm, free postage £4.00 07754527460

**Collectors Items**

**CAMEO COLLECTIBLES CLASSIC DRINKS COLLECTION** A set of 10 model vintage vans and lorries with the liveries of famous drink brands such as Malibu, Smirnoff, J&B, London Gin, Drambuie etc. Made in diecast metal by Mattel in the UK in as new condition. In special presentation box. Can deliver. £15 01438318734 or 07988559201

**CORGI MODEL BEDFORD BO COACH SET** A set of 2 coaches to commemorate the history of coach registration number MMN57 built in the UK in 1957 and was rescued and restored in the Netherlands in 1987. Made in diecast metal. In as new condition and boxed. Can deliver. £20 01438318734 or 07988559201

**CRICKET REVERSING BAR** 2.5 m steel tube with ball-hitch at one end & tow-coupling at other. Simple way to reverse the swing of a boat trailer when reversing into water. £25 01277 223377

**V-FIT Programmable Elliptical Trainer** Machine resistance elliptical fitness machine. Collection only, will need van or trailer as very heavy/bulky. wheels one end, RRP £249, £80 or vno. £80 0150 0774592670

**LEDO "90 GLORIOUS YEARS" MODEL LIMOUSINE** MARK THE 90TH BIRTHDAY OF HM QUEEN ELIZABETH THE QUEEN MOTHER ON 4TH AUGUST 1990. This was made in the UK in die-cast metal by Ledo. In as new condition and boxed. £4 01438318734 or 07988559201

**CORGI CLASSICS MODEL AEC PUMPER FIRE ENGINE** Hertfordshire Fire Service coaches. This is a limited edition model number 5209 of only 6100 produced. Made in diecast metal. In as new condition and boxed. Can deliver. £15 01438318734 or 07988559201

**CORGI MODEL PICKFORDS SCAMMELL CONTRACTOR WRECKER TRUCK** This is a limited edition model 1496 of only 6100 produced. Diecast metal 1:50 scale. In as new condition and boxed. Can deliver. £40 01438318734 or 07988559201

**CORGI "WEETABIX" COLLECTOR SPECIFICATION LORRY** DOUBLE DECKER BUS AND ASTON MARTIN CAR. Made in die-cast metal. In as new condition and boxed. Can deliver. £15 01438318734 or 07988559201

**HIP FLASK WITH OFFICIAL DC COMICS BATMAN LOGO** 6 Fl. oz. for whisky, brandy, etc. Brand new and unused. Excellent condition, solidly built in its original packaging. Can deliver. £8 01438318734 or 07988559201

**LEDO VANGUARDS MODEL TRIUMPH HERALD SALOON CAR** 1:43 scale in red. Made in diecast metal in the UK. In as new condition and boxed. Can deliver. £10 01438318734 or 07988559201

**RAILWAY MODELLER** magazines 50 pence each or 12 for £5 01 01702 231002

**Domestic Appliances**

**Fridge Freezer 60/40** 'Frost free' 60/40 'blomberg' in vgc and perfect working order. H 180 x W 60 x D 55 cms. Frost free. Only selling as I have had new kitchen installed with integral fridge freezer. It is very clean, and all the shelves and drawers are still in perfect condition. Light in fridge still working. Buyer will need to collect. £70 0150 07758 517254

**Hotpoint Fridge Freezer** Hotpoint fridge freezer good working order, good condition. H 140, W 54 D 54 freezer 0 28 cm £30.00 01245 468229 or 0789648283

**central heating boiler** gas made by Viessmann vitodens 100 power flushed and ready to use. Comes with flue £100 07788190709 or 01245440306

**Ekco Hostess Trolley** with 4 glass dishes and 12 plus 2 additional glass dishes and lids. Excellent condition. £60 0150 226877

**Microwave Goodmans 650 Watt** Large 1.2 cu ft capacity, 7 power settings, manual controls W55.5cm H35cm D39.5cm (Romford) £10 07948 318956

**TeasMads** Goblin TeasMads, have your tea in bed, in good working order.

**Vacuum Cleaner Upright** a good Hoover works fine. Collection from Great Baddow, Chelmsford. £12.00 07754 972942 or 01245476144

## Sports & Leisure (Sales)

**GOLF BALLS (As New) Washed and Clean.** Bags of 20 balls of various well known makes and 15 TITLUST or 15 CALLERWAY / or 10 TITLUST PRO 'V' for sale. Also some YELLOW and RED balls available. Small discount for multiple bags. Please PHONE (No Texts) first to discuss. Location: Chelmsford and buyer to collect. £5.00 07864073997

**Fishing equipment for sale** Drennan 7 series reel and spare spool Drennan Red Range carp feeder rod 14' x 14 cm Shimano mat Advanta 36 inch landing net Chubb fishing bag Weighing sling Accessories £100 0150 01245 266749 or 07526691557

**3 POINT ATTACHMENT LIFE-LINE CrewSaver** Yellow & S/ST double life-line, thus protecting 40 x You & 2 other points. There's safety in numbers. BRENTWOOD. £25 01277 223377

**BOAT FENDERS FOR BOATS** 3 off Blue 45 x 16 cm 1 off Blue 40 x 14 cm 5 off Blue 35 x 9 cm 3 off Blue Teardrop 30 x 19 cm BRENTWOOD. Each £3 01277 223377

**TRAILER REVERSING BAR** 2.5 m steel tube with ball-hitch at one end & tow-coupling at other. Simple way to reverse the swing of a boat trailer when reversing into water. £25 01277 223377

**Cricket gear.** Batting pads, Slazenger youths, GM trolley cricket bag and two Slazenger bags. All very good condition. Each item £10 01621 893321 or 07887 842073

**MEN'S SKI JACKETS** X 2 both medium. Ice Peak Jacket, black/white/grey and French Oxyane jacket grey/white and red, both worn once only, vgc each £25 01277 652018

**Plum Trampoline** 10 years old but very good condition. Basic 10' x 10' net. Support for side netting included. Pads and net available from Plum online £50.00 01277 221911



# Classified

## Garden Furniture

### LARGE GAZEBO

3m wide x 5m long X 8ft high.  
Windows all around.  
Heavy duty and fits 18 people.  
Only used twice.

**£220**

01992523407 or 07803306648

## Kitchens

### Fridge freezer for sale



Whirlpool Fridge freezer for sale  
Height: 186 cm  
Width: 59 cm  
**£150 ovno**  
07860178328  
or 01621740883

**Microwave and Utility shelf**  
Haden heavy duty bracket and two arms designed to mount a microwave on the wall. Instruction Sheet included. Very good condition. £8.00 01245 477254

**Modern oak shaker kitchen**  
Modern oak kitchen with double oven, extractor, gas hob, sink and tap 18 cupboards and set of drawers. Fab condition £0 07950981128

**Russell Hobbs** Rapide bread maker complete with instructions and recipes in white. £20 0127722427

## Cameras/Camcorders

**Photographic Darkroom**  
Enlarger Krokus 35 SL, drawer for colour or multigrade B&W filters, 35mm glassless negative carrier, lens, dustcover & stand plus accessories (Romford) £35 07948 318956

**Panasonic** Lumix camera. As new. Case, strap, chip, instructions. £100 07843 501939

## Caravan & Camping

**COOLER** Picnic by Ascot. Navy wheeled cooler with attached removable picnic set for 4. Includes plates/cutlery/napkins/glasses/cheeseboard/salt/pepper. £50 ono 01245 355418

**Caravan and Trailer parts**  
Winches with accessories. Good condition. £40 each. £40 01245 400026

## House Clearance

### PAUL'S HOUSE CLEARANCE

Houses, Flats, Garages, Offices etc.  
Fully Licensed.  
7 days a week.  
Call Paul anytime.  
**07973 492973**

**BOAT JUMBLE** What offers for all my boat-jumble. Sold the boat! Now boat-bits have to go! BRENTWOOD. Offers only above £1 01277 223377

**We are MOBILE!**  
BuySell marketPLACE  
bookanad.com



**Sold £45**

**BuySell marketPLACE**  
bookanad.com

## Mobility (Sales)

### MOBILITY SCOOTER

Travelux Tiempo Rapide  
Folds up for easy transportation in car  
4mph  
Like new (used once)  
6 months old  
Originally cost £795  
No offers  
**£400**  
01277218734

**XFOLD Mobility Walker** Folds into a compact size which allows for easy storage and transportation. At a low weight of 7.5kg easy to transport. £35 ovno Tel: 07880 665884

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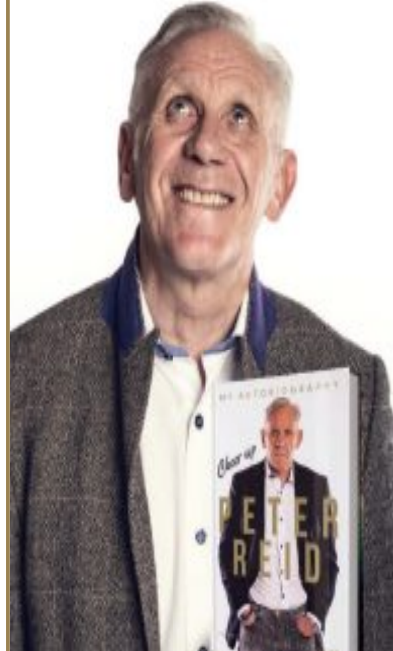
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# Business

## Public Notices

### Essex County Council

### (Shooters Drive, Nazeing) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County  
Council intends, not less than seven days from the  
date of this notice, to make the above Order under  
Section 14(1) of the Road Traffic Regulation Act 1984.

**Effect of the order:** To temporarily close that length  
of Shooters Drive, Nazeing in the District of Epping  
Forest, from a point approximately 40m east of its  
junction with Highland Road for a distance of  
approximately 55m in an easterly direction. The  
closure is scheduled to commence on 7th January  
2019 for 5 days, or where stated on a valid permit  
(AZ0081000757338 - Cadent). The scheduled dates  
may vary for these works with appropriate signs  
showing and/or displayed on www.roadworks.org.  
The closure is required for the safety of the public  
and workforce while gas connection works are  
undertaken by Cadent.

An alternative route is available via Highland Road,  
Western Road and vice versa.

The Order will come into effect on 22nd November  
2018 and may continue in force for 18 months  
or until the works have been completed, whichever  
is the earlier.

### (Hamstel Road, Harlow) (Temporary Prohibition of Traffic) Order 2018

Notice is hereby given that the Essex County  
Council has made the above Order under Section  
14(1) of the Road Traffic Regulation Act 1984.

**Effect of the order:** To temporarily close that length  
of Hamstel Road, Harlow in the District of Harlow,  
from a point approximately 40m south east of its  
junction with Rectory Wood for a distance of  
approximately 100m in a southeasterly direction.  
The closure is scheduled to commence on  
19th November 2018 for 4 days, or where stated  
on a valid permit (EP201EH2230802 - Essex County  
Council). The scheduled dates may vary for these  
works with appropriate signs showing and/or  
displayed on www.roadworks.org. The closure  
is required for the safety of the public and workforce  
while zebra crossing installation works are  
undertaken by Essex County Council.

An alternative route is available via Hamstel Road,  
Hodings Road, Fourth Avenue, Fifth Avenue and  
vice versa.

Or via Hamstel Road, Fourth Avenue, Hodings  
Road, Hamstel Road and vice versa.

The Order came into effect on 8th November  
2018 and may continue in force for 18 months  
or until the works have been completed, whichever  
is the earlier.

### TOWN AND COUNTRY PLANNING ACT 1990

#### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990

#### Planning (Listed Buildings and Conversation Areas) Regulations 1990

#### Town and Country Planning (Development Plans and Consultation) Directions 1992

#### PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG on Monday - Friday, 9am - 4.45pm. If you are unable to view the plans during these times, please telephone Planning Services on (01279) 446856 where a suitable appointment can be made with the relevant case officer. Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

**Application No:** HW/REMPVAR/18/00372 **Ward:** Old Harlow

**Application Type:** Removal or Variation of Condition

**Location:** Redevelopment Of Land Rear Of 28-32 Mulberry Green Harlow, Essex

**Proposal:** Application to Vary Condition in Relation to Planning Ref. HW/FUL/17/00118: Condition 12-Approved Plans

**Reason for Advert:** Major Development Affecting Listed Building & Within the Setting of Listed Buildings and Conservation Area

**Application No:** HW/FUL/18/00500 **Ward:** Mark Hall

**Application Type:** Full Application

**Location:** Midas River Way Harlow Essex

**Proposal:** Re-development of the site to provide two modern employment units comprising 16,478 sq m (GIA) for flexible employment purposes within use classes B1c/B2/B8 with ancillary offices, car parking, landscaping, service yard areas and ancillary uses as well as associated external works.

**Reason for Advert:** Major Development Local Public Interest

**Application No:** HW/FUL/18/00489 **Ward:** Bush Fair

**Application Type:** Full Application

**Location:** Flats 64-79 Longfield Harlow Essex

**Proposal:** Proposed New Windows & Skylight, Roof Coverings and Main Entrance Landscaping

**Reason for Advert:** Harlow District Council Application Local Public Interest

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**Business****Public Notices**

**NORTH ESSEX PARKING PARTNERSHIP  
(THE CHASE NEWHALL, HARLOW, ESSEX)  
(INTRODUCTION OF NO WAITING/LOADING RESTRICTION)  
(ON STREET) ORDER 2018  
NOTICE OF INTENTION**

Colchester Borough Council acting on behalf of the North Essex Parking Partnership in exercise of the delegated powers of the traffic authority Essex County Council granted under an agreement dated 31 March 2011 proposes to make the above order under sections 1(1), 2 (1) to (3), 4(1), 4(2), 32, 35,45,46,49 and 53 and parts III and IV of schedule 9 of the Road Traffic Regulation Act 1984. Essex County Council in the Harlow District of (The Chase Newhall Harlow, Essex) (Introduction of No Waiting/Loading restriction) (On Street) Order 2018

The effect of this Order will be to:

a) Introduce No Waiting at any time / No Loading at any time To the area of the road, as shown on the attached plan and throughout the full length of adjacent footway and verges as specified in the schedules to this Order.

A copy of the proposed Order and associated schedule is available for inspection at Harlow District Council Civic Centre Watergardens Harlow CM20 1WG and Chelmsford County Library, Market Road, Chelmsford, CM1 1LH during normal office hours. Copies can be acquired on payment at photocopying charges.

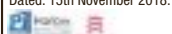
Any objections to the proposed Order should be made in writing, stating the ground(s) on which they are made and addressed to:

Notice of Intention

The Chase, Newhall, On Street,  
North Essex Parking Partnership,  
PO Box 5575, Colchester, CO1 9LT

Or by email [parking@colchester.gov.uk](mailto:parking@colchester.gov.uk) by no later than 14th December 2018.

Dated: 15th November 2018.



**KEVIN PATRICK  
LUSHINGTON (Deceased)**

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 35 Woodhill Harlow Essex who died on 15/09/2018, are required to send particulars thereof in writing to the undersigned Solicitors on or before 25/01/2019, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.

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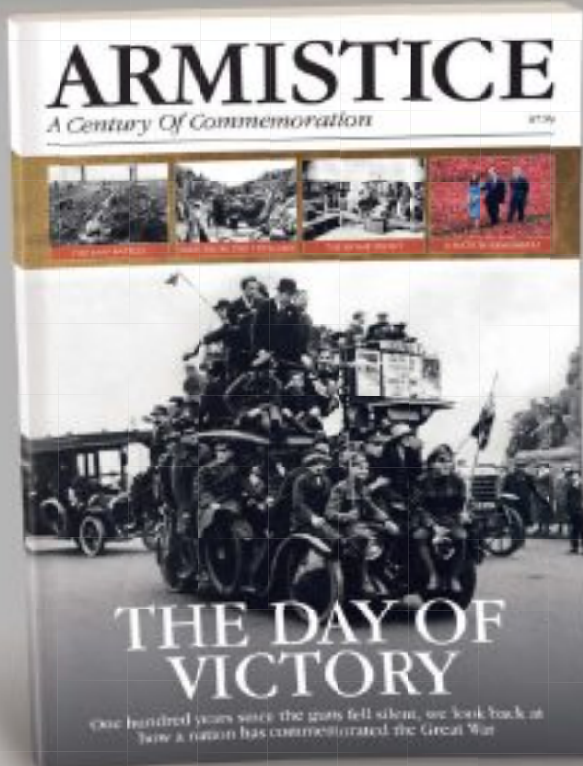
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**CAROL** Ann, 52, attractive stylish  
brunette, bubbly and chatty seeks  
dark, attractive male to enjoy life, love  
and fun times. Tel No: 0906 515 4456  
Box No: 432981

**BORED** & lonely housewife, 40 some-  
thing, hopes to meet open minded dis-  
creet gent. ACA. Tel: 0906 515 3019  
Box 432889

**DAWN** 40, lonely widow, dark hair,  
green eyes, seeks honest male for  
good conversation and lots of TLC.  
Give me a call. Tel No: 0906 515  
4456 Box No: 432979

**ANGELA**, busty open minded lady  
48yrs young. Loves to have fun and  
has a very naughty side. If you are  
looking for some fun times give me a  
call. Tel: 0906 515 3018 Box 432877

**HEATHER** 48, attractive, well  
travelled, no ties, seeks honest older  
male for romance and TLC. Tel No:  
0906 515 4456 Box No: 432931

**ALICE**, pretty petite lady, dark hair &  
eyes. 39yrs. Very lonely and sad.  
Hoping to find a nice older gentleman  
to cheer me up. Text Only. Box  
4191690

**PAT**, enjoys music, meals out,  
travelling. WLTm somebody, 60-65.  
Tel No: 0906 515 4456 Box No:  
432855

**JENNIFER**, recently moved to the  
area from Leeds. 54yrs, real northern  
spirited lass, down to earth. WLTm  
chaps for casual fun times. Any age.  
Text Only. Box 4067096

**ATTRACTIVE** well educated lady,  
early 40s hoping to meet a naughty  
man. I'm attractive, well groomed, but  
alone weekdays. Let's meet up, call me.  
Tel No: 0906 515 4456 Box No: 432893

**EMMA**, 56yrs, blonde, slim but busty.  
Works in PR, long hours in London.  
Hoping to meet a gent whose under-  
standing of my hours and can meet on a  
casual, basis. Text Only. Box  
4056356

**ARE** you a naughty minded man  
hoping to meet an attractive lady.  
42yrs? If yes then call me, I'm waiting  
to meet you but we must be very  
discreet. Calls only, no texts. Tel No:  
0906 515 4456 Box No: 432891

**CLAUDIA**, 61yrs, hairdresser, pretty,  
sophisticated, tall slim, lovely hair &  
teeth. WLTm gent of any age for life's  
pleasures. Text Only. Box 4120499

**CAROLINE**, 42yrs, slim, fit, attractive.  
Happily married but alone weekdays.  
Hoping to meet a discreet gent any  
age for some fun times. Tel No: 0906  
515 4456 Box No: 432883

**HELEN**, sophisticated, cultured lady,  
seeks mature man for life's pleasures.  
Lives in London but can travel. Tel:  
0906 515 3000 Box 430171

**NAUGHTY** but nice lady. 48yrs,  
attractive, busty, fun loving and very  
broadminded. Hoping to meet a chap  
of any age for some discreet fun  
times. Call me. Tel No: 0906 515  
4456 Box No: 432881

**JIM**, builder, 48, tall, good looking,  
kind hearted, GSOH, easygoing, kind  
and considerate into pubs, clubs, live  
music, sports, outdoor pursuits like  
walking, mountain biking and rock  
climbing. WLTm a loving female. Tel  
No: 0906 515 4456 Box No:  
432677

**SHY** male, 43, 5ft8, brown hair, hazel  
eyes, looking for a slim, fit woman, 18-  
28, for fun, possible relationship. Tel  
No: 0906 515 4456 Box No:  
432677

**MARK**, 56, 5ft8, blue eyes, not bad  
looking, divorced, GSOH,  
adventurous, easy-going, genuine,  
looking for a down-to-earth lady, 50-  
62, someone open-minded and  
genuine who likes a laugh and joke.  
Tel No: 0906 515 4456 Box No:  
432563

**JIM**, 57, 6ft1, blue eyes, N/S, looking  
for a white woman, N/S, any age, for  
romance, relationship and good times  
together. Tel No: 0906 515 4456 Box  
No: 432553

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**CONRAD** of Gallywood, we met once  
before, I'm elderly passive guy, from  
Chelmsford. Want to meet you again,  
regular. Tel No: 0906 515 4456 Box  
No: 432863

**VIC**, working class, chunky gay guy,  
32yrs. Straight acting, WLTm profes-  
sional gent 50+. Text Only. Box  
4166037

**BI** guy, 60s, looking for daytime adult  
fun, with a similar type of person.  
Hope to hear from you soon. Tel No:  
0906 515 4456 Box No: 432861

**LOU** of London, got your number  
wrong, get back in touch with  
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**QUIET** 69 years old white male,  
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**LEE**, 48yrs own building yard, hard  
worker, kind & caring. Just missing  
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**ROBERT**, WLTm a lady, 21-28, fit and  
slim, if you would like some discreet  
fun please let me know. Tel No: 0906  
515 4456 Box No: 432561

**SHY** male, 43, 5ft8, brown hair, hazel  
eyes, looking for a slim, fit woman, 18-  
28, for fun, possible relationship. Tel  
No: 0906 515 4456 Box No:  
432677

**WHITE** male, 69, lives alone, looks  
and acts younger than actual age,  
WLTm attractive lady, 50s upwards,  
for occasional satisfying times  
together. Nationality unimportant. Text  
only replies. Mailbox: 4202486

**FIT**, active, N/S male, 74, with many  
and varied interests, WLTm slimmish,  
warm, caring lady, 65-70, living within  
10 miles of Hornchurch/Upminster.  
Tel No: 0906 515 4456 Box No:  
432617

**ROBERT**, WLTm a lady, 21-28, fit and  
slim, if you would like some discreet  
fun please let me know. Tel No: 0906  
515 4456 Box No: 432561

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## Apex bounce to national qualifying success

Members of Harlow Trampoline Club (from left) Lauren Squibb, Amy Gent and Kelsie Addison



IT PROVED A fantastic day for members of Apex Trampoline Club at the National Development Plan (NDP) qualifying competition at the Harlow Leisure Zone.

The club had a large number of new and young members competing, who achieved great results despite their inexperience.

Star of the show was Heather Cannon placing first in the NDP 4 category with a huge score of 54.50.

First place was also achieved by eight-year-old Daisy May-Denton and Charlotte

Smith, aged ten, both competing in the Club Level One category and making their competitive debuts.

Amy Gent also placed first in the 13 and over Club Level One category along with team-mates Kelsie Addison, who was second, and Lauren Squibb in third. The haul of trophies meant the team was first for the girls.

In the same category, Lucy Troman was fourth, with Sophia Ashraf fifth, who along with Olivia Williams took team second. All

six girls were competing for the first time.

Beth Peart took part in the NDP Level One category and finished third, just 0.60 away from first place. She competed alongside Jennifer Forey and Megan Wickens to take team first.

Maggie McGuirke finished third in the Club Level 3 category, whilst the youngest competitor, six-year-old Paige Bedford was fourth in the Club Level One category - also competing for the first time. Apex are based at Mark Hall Sports Centre.

# Kitson in hot form at the winter 10k

## HARLOW MEMBERS RUN AT QUEEN ELIZABETH OLYMPIC PARK

HARLOW Running Club members competed at the the Queen Elizabeth Olympic Park Winter 10k.

Andy Kitson finished in 41st place out of 433 finishers in 44min 19sec. He was followed by Gail Nicholls 110th and first female Vet 50 in 51:06, Janice Page 159th and second female Vet 50 in 54:44, David Page 175th in 56:19, Jane Evans 188th and third female Vet 50 in 56:57, Lindsey Pearson 319th in 1:06:07, Helen Barrell 358th in 1:09:43 and Karen Kitson 428th in 1:29:34.

Meanwhile at the Halloween

10k, also at the Queen Elizabeth Olympic Park, Paul Schroder finished in 51st place out of 353 finishers in a personal best time of 44:12.

At the Stevenage Half Marathon, Sean Flynn finished in 157th place out of 457 finishers and second Vet 60 in 1:47:17.

The Harlow parkrun saw Martin Westley victorious out of 220 finishers in an excellent time of 18:50. He was followed home by Colin Baker in second in 19:55 and Andy Terrell, who was third in 20:47.

Other results saw Catherine Ridge finish seventh and first

female in 22:13, Steve Warren 14th and first Vet 55 in 23:01, Steve Cowlin 17th and second Vet 55 in 23:50, Paul Dixon 18th in 23:54, Richard Fryer 21st in 24:06, Andy Smith 23rd in 24:12, Bobby Draper 25th and third Vet 55 in 24:25, Vanessa Bull 28th and third female in 24:47 (PB), Michelle Hyde 31st in 25:09, Linda Helm-Manley 34th and first female Vet 50 in 25:16, Laura Prime 35th in 25:35, Kelly Grey 37th in 25:45 (PB), Rangwedi Sello 39th in 25:47.

Andrew Smith was 41st in 25:58, Alan Cootes 42nd and first Vet 60 in 26:02, Hazel Kurz 43rd

in 26:13, Graham Saville 51st and second Vet 60 in 27:04, Spencer Brooks 55th in 27:17, Debbie Barry 66th and first female Vet 55 in 27:51, Paul Cadogan 73rd in 28:18, Terry Ridge 76th in 28:26, Kate Babb 79th in 28:44, Tracie Cook 86th in 29:11 (PB), Hossein Erfani 91st and 3rd Vet in 29:36, Tracy Stratford 92nd in 29:50, Liz Roberts 93rd in 29:54, Austin Nyamande 94th in 30:02, Pushpa Mistry 129th in 32:01, Paula Miles 130th in 32:04, Marc Witham 150th in 33:49 and Teresa Warren 153rd in 34:23 (PB).

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# Mistletoe & Magic

Your complete guide to Christmas in Essex



# MISTLETOE & MAGIC

## WELCOME...

**C**HRISTMAS is coming and we're already getting excited!

Pumpkins and fireworks are a thing of the past and the supermarket shelves are filling up with decorations, seasonal treats and giant tubs of everyone's favourite chocolates.

The final preparations are under way for the switching on of your local Christmas lights and as the nights draw in, before you know it the first door of your advent calendar will be open.

There is an awful lot to do between now and December 25 but fear not.

Here in Essex, the arrival of reindeer to excite your children is just around the corner and we have pulled together everything you need to know about the most wonderful time of the year in our county.

And we have done a lot of the hard work for you.

We've found out where the iconic Coca Cola truck will be stopping near you, looked at how you can make your Christmas healthy, rounded up the best gifts for all the family and even taken a look at some of the most creative advent calendars on sale this year.

So when it finally comes around have the most amazing Christmas but make sure you make the most of all the festivities between now and then!

**Alan Woods**  
*Brands Editor*



Christmas light switch-ons across Essex **pages 4&5**

Pantos and festive shows  
**page 8**



Countdown to the big day with an advent calendar **page 14**





# MISTLETOE & MAGIC



Get shopping at Christmas markets **page 6**



Grottos where Santa is waiting to see you **page 7**



Great gift ideas **pages 16&17**

A festive feast with all the trimmings **pages 20&21**





# MISTLETOE & MAGIC

## Lighting up for Christmas

**T**HE festive season really kicks off with Christmas light switch-ons in towns and cities across the country and here in Essex details of the areas different light switch-ons have been released.

The lights will be on as early as November in towns such as Brentwood and Saffron Walden but others, such as Halstead and Hullbridge, will wait until December.

We have compiled a list of everything we currently know to help you plan the festive season.

### Chelmsford

■ When: Sunday, November 18 in the City Centre.

■ Where: The High Street.

■ What's happening: There will be all-round entertainment for the whole family and a spectacular firework finale, as always.

The event will start in Chelmsford High Street at 12pm with family-friendly activities, walkabout performers and festive food and drink.

Entertainment on the main stage by Shire Hall starts at 2.30pm, hosted by Heart FM presenters Martin and Su. A variety of music and dance acts, including Britain's Got Talent drummers, will keep the crowds amused until the big switch-on.

The grand finale will be at 5pm when Joe Thomas of The Inbetweeners fame will join Martin and Su on stage to switch on the new Christmas

lights and launch the annual fireworks display by The Meadows shopping centre.

### Braintree

■ When: Saturday, November 17, from 4pm.

■ Where: Braintree.

■ What's happening: Festive family fun entertainment from around noon, with the switch on at 5.30pm at Market Place in Braintree Town Centre.

Get down there during the day where the town will see a variety of food, drink, gift, homeware, arts and craft stalls line the High Street.

### Brentwood

■ When: Saturday, November 24, between 12.30pm - 6pm.

■ Where: Brentwood High Street

■ What's happening: There is a packed programme of performances on three stages, primarily by local schools and talented community performers.

The event attracts a lot of attention from the local press and in 2017 it was estimated that over 15,000 people attended the event throughout the day with a packed switch-on by the Mayor rounding the proceedings off.

### Halstead

■ When: Saturday, December 1, 4.30pm.

■ Where: Halstead Public Gardens, Trinity Street Halstead, CO9 1JE

What's happening: Santa will visit and have some sweets for children, and there will be a snow machine to give a festive atmosphere.

All are welcome, there is no entry fee

### Hullbridge

■ When: Saturday, December 1, 3pm - 6pm, light switch on at 5.45pm.

■ Where: Pooles Lane Car Park/Hullbridge Community Centre

■ What's happening: There will be many stalls, rides, an animal farm, a climbing wall and entertainment in Pooles Lane car park.

In the adjacent Hullbridge Community Association they kindly put on a free Christmas Santa's Grotto with Santa arriving by horse drawn carriage.

### Maldon

■ When: Thursday, November 29, 6pm - 9pm.

■ Where: Maldon Town Hall and High Street

■ What's happening: Starting at 6pm, there will be late night shopping, a street market, choirs, music, hospitality hosted by the local shops, and competitions. The Mayor of Maldon will turn on the Christmas lights at 7pm.

### Saffron Walden

■ When: Sunday, November 25, 5pm - 6pm.

CLARE YOUELL HAS GOT THE LOWDOWN ON THE FESTIVE LIGHT SWITCH-ONS IN ESSEX



The Christmas lights are switched on this Sunday, November 18 in Chelmsford

■ Where: Saffron Walden Market Square

■ What's happening: Father Christmas and the Mayor of Saffron Walden will switch on the Christmas lights.

### Shenfield

■ When: Sunday, December 9, 12pm - 5pm.

■ Where: Hutton Road, Shenfield.

■ What's happening: Hutton Road will be closed for the event and will host over 60 festive stalls, family attractions, Santa's Grotto, walk about acts and rides.

### Witham

■ When: Saturday, November 24, starts at 4pm, lights switched on at 4.30pm.



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# MISTLETOE & MAGIC



■ **Where:** Opposite the town hall, in Newlands Street.  
 ■ **What's happening:** Every November Witham comes together to celebrate Christmas old school, with the Dickensian Market and Christmas Light Switch-on.

A mixture of food and drink and numerous quality crafts by local business will be on offer, including

tombola and raffle opportunities.

Performances will be held throughout the day and both new and emerging acts will take part.

## Wickford

■ **When:** Sunday, November 25, noon.

■ **Where:** Wickford High Street

■ **What's happening:** In 2017 more

than 5,000 came to browse the stalls, listen to music, visit Santa, sip on mulled wine, see the reindeer and much more.

## Dunmow

■ **When:** Saturday, December 1, from 3pm until 7pm.

■ **Where:** In Great Dunmow High Street

■ **What's happening:** There will be festive fun and live music before the lights are switched on at 6pm.

Father Christmas will be on hand and parents can book for their child to meet him between 3.15 and 6.30pm at [visitgreatdunmow.co.uk/events.html](http://visitgreatdunmow.co.uk/events.html)

## Grays

■ **When:** Saturday, November 24 from 1pm until 6pm

■ **Where:** In the town centre

■ **What's happening:** TOWIE and Celebrity Big Brother star Dan Osbourne will be on hand, as well as Father Christmas himself.

There will be a Christmas market to pick up gifts, with entertainment scattered around the town.

## Rayleigh

■ **When:** Thursday, November 29 from 4pm to 6.30pm

■ **Where:** Rayleigh High Street

■ **What's happening:** The High Street will be closed from 1.45pm until 9pm for the event, which will include a festive market, fun fair rides and Father Christmas with his sleigh.

## Southend

■ **When:** Saturday, November 17, 7.30pm

■ **Where:** City Beach

■ **What's happening:** It is the last evening of the seven week free fire-work displays.

The main stage will be in Victoria Circus and hosted by Heart FM's Dom Atkins with warm up activities taking place from 1 to 4.15pm, ahead of the switch-on at 6pm.

At the other end of the High Street,



the Royals Shopping Centre plays host to a wealth of events in the centre itself from 11am-4pm.

## Leigh-on-Sea

■ **When:** Friday, November 30, 5pm - 8pm

■ **Where:** Leigh town

■ **What's happening:** A Yuletide Parade will start from Kings Road at 6.30pm, travelling along Leigh Road, Broadway and finishing in Broadway West at around 7.30pm.

Crowds will be entertained by a selection of wonderful local choirs and musical groups throughout the town. Leigh shops and businesses will be organising their own entertainment as well.

For children's pre-event fun, stop by Leigh Community Centre from 4.00 p.m. - 6.00 p.m. where you can enjoy a puppet show and visit Elsa's grotto.

## Rochford

■ **When:** Sunday, December 2, 3pm until 6pm

■ **Where:** Rochford Square

■ **What's happening:** The stage will

be hosted by The Breakfast Show's Chris and Abbie from Radio Essex with Amy Langmead's live band Re-Public, Georgie Swan, Hands for Voices Signing Choir and the talented local dance troupe JF Crew.

There will also be food, drink, games rides and crafts in Back Lane between 2pm and 7pm.

## Colchester

■ **When:** Sunday, November 25

■ **Where:** High Street and Culver Square

■ **What's happening:** The big light switch-on will take place in the High Street at 4.30pm

## Harlow

■ **When:** Saturday, November 17

■ **Where:** Water Gardens Harlow

■ **What's happening:** The lights will get switched on at 5pm, but between 4pm and 6pm there will be live music, festive entertainment, mulled wine and of course, the big man himself Santa.

Kids can also have their faces painted whilst enjoying a candy cane or two.

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# MISTLETOE & MAGIC

By CLARE YOUELL

clare.youell@reachplc.com  
@clare\_jy

**T**HERE'S nothing better than browsing around a Christmas market to get you in the festive spirit. If you're wondering 'where are the Christmas markets near me?', then we have the answers.

We are lucky that we are spoiled for choice in Essex as there's a whole host of Christmas markets and fairs coming to the county.

You'll be able to pick up some beautiful gifts and decorations, and of course, festive food. And don't forget a glass of mulled or two while you're there.

Here are some of the best Christmas markets in Essex:

## German Christmas Market

■ Meadow Croft Garden Centre, Woodham Road, Battlesbridge, Wickford, Essex SS11 7QU

■ When: Friday, November 9 to Sunday, December 23

■ What will be there? A huge range of authentic German products including cuckoo clocks, nutcrackers, ornaments, wooden Christmas pyramids, shining glassware, vintage steins, Matryoshka dolls (Russian dolls) and toys.

Food stalls will serve treats such as hot bratwurst (traditional German sausages), Currywurst (sausages seasoned with curry powder), Schokokuss chocolates (milk, dark of white chocolate domes filled with whipped, flavoured marshmallow), Sauerkraut (pickled cabbage), Stollen (fruity bread), Mozartkugel (pistachio, marzipan and nougat covered in dark chocolate), chocolate marzipan by Anton Berg (a famous brand of chocolate-covered marzipan often flavoured with cognac, whisky or nougat), gluhwein (hot mulled wine) and authentic German beers.

■ Cost: Free

## Crafts for Christmas - Essex Craft Guild

■ Hylands Estate, London Road, Chelmsford CM2 8WQ

■ When: Saturday, November 24 and Sunday, November 25. 10am - 4.30pm

■ What will be there? More than 40 craft stalls offering handcrafted gifts, arts and crafts for Christmas. The stallholders are all members of the Guild of Essex Craftsmen and produce high quality products. There will also be crafting demonstrations and refreshments.

■ Cost: In advance - Adults £3, concs £2.50, under 16s free

■ On the door - Adults £4, concs £3.50, under 16s free.

## Helen Rollason Cancer Charity's Christmas Gift and Food Fair

■ Chelmsford City Racecourse, Chelmsford CM3 1QP

■ When: Saturday, November 24 and Sunday, November 25

■ What will be there? There will be a large selection of independent retail-

# Christmas markets



Meadow Croft German Christmas market  
ESSEX LIVE

ers selling gifts, homewares, jewellery, art, books, toys, gourmet delights and more.

■ Cost: Adults £5, under 16s free, concs £4

## Channels Estate Christmas Market, Chelmsford

■ Pratt's Farm Lane, Little Waltham, Chelmsford CM3 3PT

■ When: Friday, November 23, 2018, 5pm - 9pm

■ What will be there? There are Christmas Market shopping stalls and Santa will be arriving by sleigh at 5pm.

■ Cost: Adults are £5 and under 10s free, but require a ticket to the Santa's Grotto for £5.

## The Beth Chatto Christmas Fayre, Colchester

■ Beth Chatto Gardens, Elmstead Market, Colchester, Essex CO7 7DB

■ When: Saturday, November 24 and Sunday, November 25, 10am - 4pm

■ What will be there? This festive two-day craft fair will feature a wide range of local crafters.

■ There will be carol singers, mulled wine, mince pies, children's crafts and a BBQ.

■ Cost: Suggested charity donation of £3 adults and children free. (This includes garden entrance).

## Shenfield Christmas Fayre

■ In and around Hutton Road, Shenfield, Essex

■ When: Sunday, December 9, 12pm - 5pm

■ What will be there? More than 60 Christmas market stalls, as well as family attractions, walkabout acts, rides and a Santa's Grotto. One of the main attractions is the stage where local schools, bands and groups will perform throughout the

afternoon. This is a real community event which attracts more than 5,000 people.

■ Cost: Free

## Lighting Up Brentwood fair

■ High Street, Brentwood

■ When: Saturday, November 24, 12.30pm - 6pm

■ What will be there? Celebrate the start of the festive season with the biggest event on the Brentwood calendar. This popular event includes more than 60 market stalls selling festive arts, crafts and gifts. There is also entertainment, a Santa's Grotto, walkabout acts and as well as the Christmas lights switch-on. More than 15,000 people attend this event every year.

■ Cost: Free

## Christmas Fair at Museum of Power

■ Steam Pumping Station, Hatfield Road, Langford, Essex CM9 6QA

■ When: Sunday, December 9, 2018, 10am - 4pm

■ What will be there? There will be lots of Christmassy stalls at the fair selling all sorts of goodies. You can also meet Santa in his grotto, enjoy a miniature steam train ride and join in with the entertainment and children's rides. Seasonal refreshments will be on offer too.

■ Cost: £10 including a visit to Santa, a gift for each child and one free train ride.

## Witham Dickensian Market and Christmas Lights Switch On

■ Newlands Centre, Witham

■ When: Saturday, November 24, 2018, 10.30am onwards. The switch on of the Christmas lights will be at 4.30pm.

■ What will be there? This charming Dickensian market will have lots of stalls selling gifts, decorations, crafts

and festive food and drink. The market is followed by the switching on of the Witham Christmas lights. A great day out for the whole family.

■ Cost: Free

## Essex Christmas Fair at Cressing Temple Barns

■ Cressing Temple Barns, Cressing Temple, near Witham, CM77 8PD

■ When: Saturday, November 3 and Sunday, November 4, 2018, 10am - 4pm

■ What will be there? A large range of stalls set in the historic barns. There will also be stands to browse outside and in a marquee. As well as Christmas gifts, crafts and nik naks, there will also be a range of festive food and drink. You can meet real reindeer too which is always a hit with the kids.

■ Cost:

■ On the gate - adults £5 (under 18s free)

■ Online - adults £4 (under 18s free)

## Maldon Vintage Christmas Fayre

■ High Street, Maldon, Essex

■ When: Thursday, November 29, 2018, 6pm - 9pm

■ What will be there? This year's event has a rock n roll 50s theme with Buddy Holly and Roy Orbison tributes. A large part of this event is an array of stalls and a street market selling all sorts of gift ideas, crafts, food and drink. There will also be, late night shopping, choirs, music and competitions. There will be an 80-person Flash Mob and a performance from The Big Sing choir.

■ The town's Christmas lights will be switched on as part of the festivities.

■ Cost: Free

## Braintree Christmas Street Market

■ Braintree town centre

■ When: Saturday, November 17, 2018

■ What will be there? A festive street market packed with gifts and Christmassy bits. There will be a large range of food stalls on the day serving treats including pies, cakes, wine, paella, burritos and pizzas.

■ Cost: Free

## We are handmade Contemporary Christmas Craft Fair

■ Foakes Hall, Great Dunmow, Essex, CM6 1DG

■ When: Saturday, November 3, 2018, 10am - 4pm

■ What will be there? There will be the chance to buy a range of handmade items for Christmas gifts. If you are looking for something a bit different then this is the place to be as there are lots of stalls selling unique arts and crafts and handmade presents. Tea and cake available on the day.

■ Cost: Free

## Wickford at Christmas Street Fair

■ Wickford High Street, Wickford

■ When: Sunday, November 25, 2018, 12pm - 5pm

■ What will be there? The annual Christmas fair will be back again with a host of activities for all ages. Santa will be there with his reindeer of course, as well as gifts, food and drinks to sample. Entertainment will be provided by local singers and choirs, and there is a fun football challenge. Children will love the fairground rides and Magic Frostie.

■ Cost: Free but donations towards the Christmas lights are welcome

## Billericay Christmas Market

■ Billericay High Street

■ When: Sunday, December 2, 2018.

■ What will be there? As usual, there will be an array of market stalls selling festive goodies, gifts and treats. There will also be entertainment on stage, music, parades and dancers. This event is organised by the Rotary Club of Billericay Mayflower.

■ Cost: Free

## Christmas Market at Queens Hospital

■ Queens Hospital, Rom Valley, Romford RM7 0AG

■ When: Wednesday, November 21, 2018. 8am - 5pm

■ What will be there? An opportunity to buy lots of goodies including Christmas wrapping paper, decorations, toys, toiletries and more. There will be Christmas songs and festive treats.

■ Cost: Free

## Cromwell Manor Christmas Market

■ Cromwell Manor, Wat Tyler Lane, Pitsea, SS16 4UH

■ When: Sunday, December 2, 11am - 4pm

■ What will be there? A large festive market that is usually set in the grounds of the beautiful 15th century Manor House. There will be lovely Christmas crafts, accessories, gifts and refreshments.

■ Cost: Adults £2, under 16s free



# MISTLETOE & MAGIC

## Where you can find Santa

**W**ITH Christmas just around the corner, Santa's Grottos in Essex are opening for business. The county's garden, shopping, and activity centres are all offering Father Christmas experiences.

Here's our list of the Santa's Grottos in Essex this Christmas:

### EASTGATE SHOPPING CENTRE, BASILDON

Fathers Christmas is in Eastgate Shopping Centre between 17 November and 24 December. The event is free but a small portion of daily visits are available to pre-book online.

Pictures can be taken while Santa and his elves give a present and a voucher for a free kids meal at Nandos to the children.

### MARSH FARM ANIMAL ADVENTURE PARK, SOUTH WOODHAM FERRERS

Collect your elf passport and journey around the farm at this awesome Santa's grotto, open every weekend from November 17 until Christmas Eve, as well as dates on December 14, 19, 20 and 21.

The two-and-a-half-hour experience is aimed at all the family and children will not only meet Father Christmas but also Professor Holly-pop and even Mrs Christmas.

Kids can decorate their own festive treats as well as making their own teddy bear before going to Elf School where they will learn the very important lessons that all Elves must know in order to work with Father Christmas and make all the amazing toys.

Tickets range between £5 for adult members to £35.95 for member children, depending on the date booked.

Go to [marshfarm.co.uk](http://marshfarm.co.uk) to book.

### ADVENTURE ISLAND, SOUTHEND

Southend's Adventure Island theme park promises to deliver "the greatest Christmas experience there's ever been, or will be" with its new event Adventure Wonderland.

In the Grotto, customers will be able to meet Mother Christmas, take souvenir photos, go to the toy factory and receive a special gift and finally meet Father Christmas.

The event features a 'Christmasville' and an arts and crafts post office, children will also be able to help Mother Christmas make "Reindeer food for Rudolph and his friends."

The event begins on 24 November and will run until Christmas Eve, with prices beginning at £35 online and £40 on the day, while an additional adult costs £10. Go to [adventureisland.co.uk](http://adventureisland.co.uk) to book.

### FROST POP-UP GROTTTO, CHELMSFORD

The Frost pop up grotto is set to be on Bond Street in Chelmsford from 18

November to 24 December.

The event will be Narnia themed and will include entertainment, rides, games, a kids escape room, mulled wine, food, and magic.

There will also be a jingle bell ball described as "a Christmas mini disco with the elves" on 6, 13 and 20 December from 5.30pm until 7pm. Tickets for this event cost just £5. This will take place at Santa's Enchanted Village in Meadows Shopping Centre.

The price for this event is £12 per person and tickets can be bought from [frostdchristmas.com](http://frostdchristmas.com)

### CRESSING TEMPLE BARNS, BRAINTREE

Medieval wedding and events venue, Cressing Temple Barns, is hosting 'A Magical Christmas Grotto' between 1 and 23 December.

Last year it was voted "Best Santa's Grotto" by Primary Times and now promises to be "even bigger and better". Tickets are £24.95, which admits one child and two adults. Go to [visitsparks.co.uk/events/magical-grotto-at-cressing-temple-barns](http://visitsparks.co.uk/events/magical-grotto-at-cressing-temple-barns) to book.

### POPLAR NURSERIES, COLCHESTER

Colchester's Poplar Nurseries is running a Santa's grotto from 17 November to 24 December.

The grotto is run by "some very special elves" who love meeting and chatting to everyone. They will guide you through our magical Grotto and then you will meet Father Christmas himself, where you will be able to let him know what you'd love for Christmas.

The price for this event is £8 per child, with adults going free. Go to [poplarnurseries.co.uk/kids-activities/santas-grotto-2018](http://poplarnurseries.co.uk/kids-activities/santas-grotto-2018) to book.

### BARLEYLANDS, BILLERICAY

Every weekend between 1 and 16 December and weekdays between 20 and 24 December Father Christmas will be at Barleylands in Billericay.

Visitors will be invited to meet Father Christmas and his elves as he takes time out of his busy schedule.

Two types of ticket are available, the elf ticket for £14.95 and the golden elf ticket for £19.95 allowing visitors to have a festive photo in the giant snow globe. Go to [barleylands.co.uk/farm-park/christmas-2](http://barleylands.co.uk/farm-park/christmas-2) to book.

### ALTON GARDEN CENTRE, WICKFORD

Alton Garden Centre in Wickford is offering a Santa's Grotto from 11 November to 23 December.

Santa himself will be there spreading Christmas cheer, ready to listen to your little one's Christmas wishes within an "enchanted" in store grotto.

The price for this event is £8 in November and £10 or £12 in December. Go to [alton-gardencentre.co.uk](http://alton-gardencentre.co.uk) to book.



You can hear festive tales in an Audience with Father Christmas at Audley End House and Gardens from November 25

CHRISTOPHER ISON/ENGLISH HERITAGE

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# MISTLETOE & MAGIC

## IT'S SHOW TIME!

### HANNAH BROWN ROUNDS UP SOME OF THE BEST PANTOS IN ESSEX

If you are looking to take your family to see a pantomime this Christmas season then there are a lot of great shows for you to choose from.

To help you make a decision about which one to go and see, we have compiled a list of some of the different shows on offer this year.

#### Aladdin, Southend-on-Sea

The magical show Aladdin will be playing at the Cliffs Pavilion Palace Theatre in Southend-on-Sea, this year.

Featuring the Britain's Got Talent winners Diversity and Ashley Banjo taking to the stage, this year's pantomime is expected to offer some excellent dance routines that the group are famous for.

The show will be playing at the theatre from December 14 to January 5.

Tickets range in price depending on seat and the time of the performance. To purchase tickets to one of the performances visit the Cliffs Pavilion Palace Theatre website at [southendtheatres.org.uk](http://southendtheatres.org.uk)

#### Jack and the Beanstalk, Colchester

This well known fairy tale will be performed at the Mercury Theatre in Colchester.

Organisers promise the play will provide all the "laughter, sparkle and excitement" people expect from a Christmas show.

The pantomime will start on November 24, with the last performance taking place on January 20.

Ticket prices range from £12 to £31.50, and can be purchased from

the Mercury Theatre's website at [mercurytheatre.co.uk](http://mercurytheatre.co.uk)

Last year's Mercury pantomime was nominated for five great British Panto Awards, including Best Pantomime, Best Script, and Best Dame.

#### Snow White, Basildon

Snow White will be taking to the stage at the Towngate Theatre in Basildon.

Simon Fielding will be returning to the theatre taking on the role of Muddles, along with the "hugely talented" Sophie Ladds, and the "side-splittingly funny" David Stockton.

The pantomime will be showing from November 28 to January 5, with each performance lasting approximately three hours.

Ticket prices start from £11 and are available from their website at [towngatetheatre.co.uk/snow-white/](http://towngatetheatre.co.uk/snow-white/) or by calling the theatre's box office on 01268 205 300.

#### Jack and the Beanstalk, Hornchurch

The second Jack and the Beanstalk on this list will be showing at the Queens Theatre in Hornchurch.

This production has been created by the team behind last year's 'record-breaking' Beauty and the Beast and 2016's Cinderella and is billed as "Fee-Fi-Fo-Fum it's panto for everyone".

The show will be running from November 28 to January 6, and ticket prices range from £12.50 to £29.

Tickets for the show can be purchased from the theatre's website at [queens-theatre.co.uk/whats-on/show/jack-and-the-beanstalk-2](http://queens-theatre.co.uk/whats-on/show/jack-and-the-beanstalk-2)

The Towngate Theatre hosts Snow White this festive season



#### Aladdin, Grays

This is the second Aladdin performance on this list that will be taking place this Christmas at the Thameside Theatre in Grays from November 30 until January 6.

The show promises the "adventure of a lifetime" and will star Celebrity Big Brother Finalist 2018 and original TOWIE star, Dan Osborne as the Genie.

Tickets can be purchased online at [thameside.ticketsolve.com/shows](http://thameside.ticketsolve.com/shows), or by calling the box office on 0345 300 5264.

#### Cinderella, Chelmsford

This classic fairy tale will be taking to the stage at Chelmsford Civic Theatre from November 30 to January 6.

Billed as "the fairy godmother of all pantomimes" it will tell the story of Cinderella in true pantomime fashion.

Tickets can be purchased online from the theatre's website where a full list of the different prices are

available at [chelmsford.gov.uk/theatres/whats-on/children-and-families/cinderella/](http://chelmsford.gov.uk/theatres/whats-on/children-and-families/cinderella/)

Tickets can also be purchased from the box office in Fairfield Road, Chelmsford on 01245 606505 or in person.

#### Legends of King Arthur, Brentwood

Legends of King Arthur will be at showing at the Brentwood Theatre from December 4 to December 30.

The magical show will be retelling the famous legend of the Sword in the Stone and Arthur with his Knights of the Round Table.

Standard tickets will cost £15 or £14 for concessions.

Tickets can be purchased from the theatre's website at [brentwood-theatre.co.uk/event/legends-of-king-arthur/](http://brentwood-theatre.co.uk/event/legends-of-king-arthur/), or by calling 01277 200 305.

#### Peter Pan, Clacton-on-Sea

The Princes Theatre in Clacton-on-Sea is hoping to delight people with its Peter Pan Christmas panto-

mime. Billed as being filled with "fun and festive cheer", the show promises to "captivate audiences of all ages" taking them on a magical trip to Neverland.

The show will run from December 8 to January 1, with tickets available from the website [princetheatre.co.uk](http://princetheatre.co.uk), or by calling the box office on 01255 686633.

#### Aladdin, Harlow

Aladdin appears to be a very popular Christmas pantomime, with the Harlow Playhouse being the third to stage this particular play.

Running from November 30 to January 6, the show promises to offer audiences an "exciting blend of live music, quality professional performers, stunning sets, lavish costumes and jaw dropping effects".

Tickets range in price from £15 to £20 for a single full ticket and can be purchased from the theatre's website at [harlowplayhouse.co.uk](http://harlowplayhouse.co.uk) or from the box office.



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# MISTLETOE & MAGIC

## All aboard for festive fun!

By **PEARCE BATES**  
newsdesk@essexlive.news

**T**RAIN rides to see Father Christmas are ever popular come the festive period, visitors come from all around to take their children on a magical journey to visit Santa and his elves.

From Ongar to Audley End, companies are offering train rides for kids to see the man in red before Christmas day arrives.

Here's our list of the Christmas train rides in Essex:

### EPPING ONGAR RAILWAY

Epping Ongar Railway's Santa Specials will return between December 1 and 24.

The experience starts at North Weald Station where you will get the chance to get in the spirit with something from one festive food or sweet stall whilst you listen to a live brass band.

All children who board the train will receive a present from Santa, while adults can enjoy a free drink and festive treat.

The price for this event is £17.50 or £20 depending on the time of day, with the special services departing North Weald between 9.45am and 4.25pm. To buy tickets or for more information go to [eorailway.co.uk](http://eorailway.co.uk)

### AUDLEY END RAILWAY

Audley End Miniature Railway is offering "The most magical Christmas experience in Essex."

Every weekend between November 24 and December 24, as well as week days between December 17 and 24, visitors will be able to take the Santa Express deep into the woods of the estate where they will arrive at Father Christmas' Winter Wonderland.

There lucky visitors will meet Father Christmas himself, along with some cheeky elves, receive a special gift and watch a Christmas dance.



Father Christmas will be ready with a Santa Special at Epping Ongar Railway

After returning from Father Christmas' Winter Wonderland, you can then visit the Activity Area where you can write Father Christmas a letter and post it to him at our festive post office.

Also on offer is the chance to enjoy craft making, face painting, storytelling and the dance tent.

Booking is required and prices vary from £11 to £15 per person.

Go to [audley-end-railway.co.uk](http://audley-end-railway.co.uk) to book and for more information.

### COLNE VALLEY RAILWAY

Colne Valley Railway in Castle Hedingham is running its Steam with Santa services every weekend between December 8 and 23, as well as Friday, December 21.

The services steam along one mile of track while Santa delivers a present to every child on board.

The event takes place on Colne Valley's Pullman train and costs £12 for adults (15 upwards), £12 for children (3 to 14), and £5 for babies (0 to

2). Go to [colnevalleyrailway.co.uk](http://colnevalleyrailway.co.uk) to book and for more information.

### EAST ANGLIAN RAILWAY MUSEUM

Festive days out with Thomas are being offered at the East Anglia Railway Museum in Colchester.

Visitors will be able to take a train ride with Thomas and his friends Daisy, Percy and Toad. The special days out will be held on December 9, 15, 16, 22 and 23 and cost £14 for adults, £10 for children and are free for children under £2.

An additional booking costing £5 is required to visit Santa's Grotto and receive a gift. To book go to [eam.co.uk](http://eam.co.uk).

### FREEPORT BRAINTREE

A virtual reality train ride to the North Pole is on offer at Freeport Braintree as part of an "immersive Santa's grotto experience".

Guests will check into the station before boarding the Braintree Express for a trip to the North Pole, while hearing a story from Mrs Claus and then meet Santa.

The experience will run from Friday 23 November until Christmas Eve and costs £4.50 for adults and £8.50 for children, with a maximum of 4 children per booking.

Go to [freeport-braintree.com](http://freeport-braintree.com) to book.

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# MISTLETOE & MAGIC

## Tips from the top table

**WHILE SOME FAMOUS FOODIES SERVE TURKEY OTHERS HAVE MORE UNUSUAL FESTIVE FAVES, DISCOVERS ELLA WALKER**

**E**VERY family has its own special Christmas traditions, but what do chefs and cookery book writers do on December 25? We find out what they'll be serving on their festive table come Christmas Day.

**Jamie Oliver doesn't think one Christmas is enough...**

"I'm a bit weird, so we have the roast turkey, which isn't actually traditional - we've only been doing that for about 70 years really in Britain, give or take. Turkey is from South America," he explains. "I normally have a small Christmas and then a big party the next day, so I do turkey, Porchetta and goose."

**Guardian columnist and author of Fresh India, Meera Sodha, switches turkey for duck...**

"My Gujarati family are happy with potato curry on Christmas, but that's not very exciting when you've grown up with traditional Christmas food," she explains.



**Prue Leith likes a Christmas trifle**  
KIRSTY O'CONNOR

"Something that's become a bit of a tradition in my house is duck fesenjan, which is beautiful roasted duck with a pomegranate molasses and walnut sauce.

"Then I shred Brussels sprouts and cook them hard and fast. And last year, I wrote a recipe for these red cabbage parcels stuffed with macadamias, mushrooms and chestnuts, which is really deep and rich and meaty, but without the meat."



**Jamie Oliver doesn't think one Christmas is enough**  
MATT ALEXANDER



**Meera Sodha prefers duck to turkey at Christmas**  
PA/TENDERSTEM

**Great British Bake Off judge Prue Leith loves a bit of festive trifle...**

"We used to have Christmas dinner - which was turkey and all the trimmings - but it was in South Africa in blazing heat, so we all had to have a siesta afterwards. It's the most unsuitable food for the middle of summer," she remembers.

Trifle also tends to make an appearance on Leith's table: "I make very good trifle because I can't stand leftovers, so if there's a bit of stale cake around, it goes in the freezer to become trifle.

"And I make really good trifle because I don't do any jelly - I hate jelly in trifle. There's something disgusting about the combination of smooth silky jelly and gritty crumbs, I don't like that, so I make very boozy cake at the bottom, very creamy custard and all the little bits and bobs on the top."

**Simon Hulstone, owner and chef at Michelin-starred restaurant The Elephant in Torquay, usually works on Christmas day...**

"From December 1 to Christmas Day, I just don't want to eat turkey. It's everywhere in the restaurant," he explains. "I love it, but by then I just don't want any. Last Christmas was maybe my first Christmas off ever.

"I don't have really strong feelings

about Christmas, my dad was a chef too. We always work, but my wife says it's about the kids, so we'll see all the family, my wife's side and mine, and maybe have some beef. I feel a bit funny about eating the animals from our own farm, we have turkeys and duck."

**River Cottage chef Gill Meller is keen to mix things up and serve crab...**

"There's just times where you can't carry on doing the same things year after year, because people come, people go, houses change, kitchens change and you need to adapt,"



**Simon Hulstone usually works on Christmas Day and has had enough of turkey by then**  
ROB COOMBE



# MISTLETOE & MAGIC



**Gill Meller likes to mix things up at Christmas and will be serving crab**  
ANDREW MONTGOMERY/QUADRILLE

explains Meller, whose mother, who would traditionally host the family Christmas, died last year.

"This year, I'm doing Christmas at our house and I want to do something really unconventional because

I'm always disappointed by the food at Christmas. I mean, I love it, and I gorge and I want to die afterwards because I've eaten so much, but it's not my first choice.

"It's weird that we as a society, in

our food culture, we eat turkey at Christmas, in that it's supposed to be the most special day of the year, and we eat something that we would never eat at any other time because we don't really like it. So this year, I'm thinking I'm not going to do anything that I don't just love. So if I can, I was going to do some really beautiful crab, French fries, aioli, good bread, butter and salad, because that's what I love, so why can't we eat that on Christmas Day?"

**Food critic William Sitwell is all about keeping things traditional...**

"I'm pretty traditional. My father always used to make baked eggs in the morning, then it's church, then a glass of champagne and the first present. I like to have lunch quite promptly at 1.30pm - turkey and all the trimmings. I love it," he buzzes.

"I just love a great turkey and roast potatoes, little chipolatas and cranberry sauce, and Brussels sprouts when they're done well, and gravy and lashings of claret and the Christmas pudding set on fire, crackers, hats, stupid jokes, Queen's speech. Then a walk, bit of telly, and maybe a glass of white burgundy and some smoked salmon and scrambled eggs for supper."



**William Sitwell likes to keep things traditional at Christmas**  
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# MISTLETOE & MAGIC

## Health benefits of mulled wine

LISA SALMON REVEALS WHY IT'S DEFINITELY OKAY TO GRAB YOURSELF A WARMING MUG OR TWO OF THE MULLED STUFF THIS CHRISTMAS

A

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**Ashwells**  
Country Club

**A**S you relax with a glass of mulled wine in front of the Christmas tree this winter, you might think the festive season is playing havoc with your healthy choices. But we have glad tidings - your glass of mulled wine is actually brimming with health benefits (well, within reason - and only when enjoyed in moderation!).

Usually served hot and made with red wine, citrus fruits such as oranges and lemons, and mulling spices including cinnamon, cloves, allspice, nutmeg, ginger, peppercorn or cardamom, mulled wine has been a Christmas tradition since the second century and is thought to have Roman origins.

But as well as the feel-good factor a warming cup of spicy mulled wine brings, the drink has a number of health benefits...

### Reducing cardiovascular disease

Some studies suggest red wine may help reduce the risk of cardiovascular disease, a known cause of heart attacks and strokes.

Red wine is a source of antioxidants, and drinking it is thought to help increase levels of 'good' HDL cholesterol and eliminate 'bad' LDL cholesterol, helping to prevent clogged arteries and heart disease. Nutmeg, another mulled wine stalwart, can also help the cardiovascular system, as studies suggest it reduces cardiovascular disease and

can boost heart function.

### Reducing osteoporosis

Red wine in moderation has also been linked with reducing the risk of the bone-weakening condition osteoporosis, by possibly contributing towards increased bone mineral density. This is believed to be down to the resveratrol - a polyphenol plant compound - in red wine, which has anti-inflammatory properties that help protect against bone loss.

### Slowing down ageing

The resveratrol in red wine is also thought to help rejuvenate cells and slow the ageing process. A high concentration of resveratrol helps fight against damaging free radicals in the skin too, keeping you looking younger.

### Boosting the brain

More resveratrol magic - apparently, it also helps improve blood flow, and studies suggest this may boost brain function and memory. In addition, the nutmeg in mulled wine can help stimulate the brain, reducing fatigue, stress and anxiety and improving concentration.

### Beating colds

The antioxidants in red wine could even help fight infections and support immunity: A Spanish

study found people who drank more than 14 glasses of wine a week had a 40% lower risk of getting a cold than teetotalers. Cloves are also believed to have anti-viral properties.

### 6. Detoxing

The nutmeg in mulled wine may help clear the liver and kidneys of toxins, and is particularly effective as a liver tonic. Nutmeg can apparently also help prevent kidney stones forming.

### Fighting inflammation

The cinnamon in mulled wine has been shown to have a powerful anti-inflammatory effect, reducing swelling and restoring normal tissue function. This may help conditions like arthritis. The antioxidants in red wine and in cloves can also help reduce inflammation.

### Improving gut health

The cloves in mulled wine are thought to help increase gut motility, as well as improving digestion. As a result, the cloves are thought to improve digestive problems, including indigestion, wind and constipation.

### Painkilling

The essential oil eugenol, found in cloves, has local anaesthetic and antiseptic properties that can be used to help treat dental problems like toothache.



# MISTLETOE & MAGIC

## Coca Cola truck goes on tour

By **CLARE YOEUELL**

clare.yoeuell@reachplc.com  
@clare\_jy

COCA Cola has revealed the dates of its annual Christmas Truck tour.

The iconic red Christmas truck is one again setting off around the UK visiting towns and cities.

Thousands of people turn out for the chance to see the lorry each year and get a free mini can of Coke.

The Coca Cola Christmas TV advert showing the truck, alongside the Holidays are Coming tune, is seen by many as a sign that the festive season has truly started.

However, Coca Cola fans in Essex are going to be disappointed this year as the famous truck isn't coming to the county. For the last few years, there has always been at least one date in Essex.

If people from Essex want to see the truck, they'll probably have to travel to London.

On the official Coca Cola site it says: "The countdown to Christmas has now officially started! We're giddy with holiday joy and thrilled to announce the return of the iconic

Coca-Cola Christmas Truck Tour."

This year, the truck will make 24 stops and started in Glasgow on November 9.

Everyone who visits the truck will get a free 150ml can of Coca Cola, Diet Coke or Coke Zero.

Here are the dates left on the tour:

■ Thursday 15 and Friday 16 November: Sanderson Arcade, Morpeth

■ Saturday 17 and Sunday 18 November: Queen Street City Centre, Cardiff

■ Saturday 17 and Sunday 18 November: Fox Valley, Sheffield Wednesday 21 November: Tesco, Swansea

Wednesday 21 November: Asda Pudsey, Leeds Saturday 24 and Sunday 25 November: Marshalls Yard, Gainsborough

■ Saturday 24 and Sunday 25 November: The Mall at Cribbs Causeway, Bristol

■ Wednesday 28 November: ASDA Eastlands, Manchester

■ Saturday 1 and Sunday 2 December: Lakeside Village Shopping Outlet, Doncaster

■ Saturday 1 and Sunday 2 December: Pier Approach, Bournemouth

■ Tuesday 4 and Wednesday 5 Decem-



ber: Serpentine Green, Peterborough

■ Thursday 6 and Friday 7 December: Victoria Retail Park, Nottingham

■ Saturday 8 and Sunday 9 December: Jingle Bell Ball, London

■ Tuesday 11 December: ASDA, Queensferry

■ Tuesday 11 December: ASDA, Watford

■ Wednesday 12 December: Tesco, Borehamwood

■ Thursday 13 December: Tesco,

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# MISTLETOE & MAGIC

## Countdown to Christmas

GETTING MINI CHOCOLATE TREATS EACH DAY IS NICE BUT WITH SUCH A HUGE ARRAY OF ADVENT CALENDARS TO CHOOSE FROM, WHY NOT MAKE THE COUNTDOWN TO DECEMBER 25 EVEN MORE EXCITING SAYS **CLAIRE SPREADBURY**



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Lindt Advent Calendar, £5.99



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# MISTLETOE & MAGIC



What better way to personalise Christmas than with the Hudson Sack, £22. A dramatic design in a bold crimson contrasts perfectly with the classic hessian sack to give a traditional feel. Measuring 80cm x 53cm, it is available from [Handmadechristmasco.com](http://Handmadechristmasco.com)

MOWIE KAY

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Roku Gin, £30, Waitrose ([waitrose.com](http://waitrose.com))



Instax SQ6 camera in Blush Gold, £113, Currys PC World ([currys.co.uk](http://currys.co.uk))



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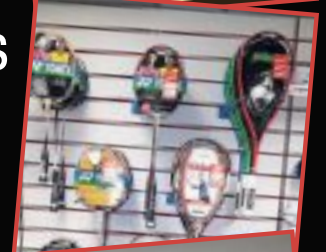
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# MISTLETOE & MAGIC

## Festive adventure

Festive lights at Liseberg amusement park, in Gothenburg. Photo: Frida Winter

THE SWEDISH CITY OF GOTHENBURG IS A DELIGHT IN THE RUN-UP TO CHRISTMAS. SARAH MARSHALL VISITS THE MARKETS AND FUNFAIR ATTRACTIONS

ing arrived on a Paddan boat tour with blankets, gingerbread and mulled wine.

The journey along Gothenburg's canals is an adventure under bridges and over locks, and the ideal way to beat Liseberg's inevitable queues.

Fireworks explode at the grand finale of a ballet performance on ice, giant tea-cups swirl in a winter forest ride and sweet shops spill open with candy sticks and golden chocolate coins.

But along with the usual gifting fare, market stalls also have something different to offer, so there's good reason to do your shopping here too.

In a Medieval Village, gruff, hairy Vikings sell plastic swords and Celtic amulets from counters made of hay but I've already found my porridge-eating talisman, I tell a grumbling salesman, and I think you'll find he's sporting a far finer beard than yours.

### ■ Where else to shop

#### The Haga district

The city's oldest district is arguably the most atmospheric place to shop - whatever the time of year. From November 24 to December 16, festive stalls will be set up selling traditional sheepskin slippers, rugs and preserves.

#### Kronhuset and Kronhusbodarna

A red-brick building with a pea-green roof, Kronhuset is one of Gothenburg's oldest buildings, built in 1654, and the setting for a traditional Christmas market. Handicrafts are original and often one of a kind, with producers on hand to explain how they were made.

### ■ Where to eat

#### Sjomagasinet,

#### Adolf Edelsvards Gata 5

Julbords are a family favourite during Advent, and one of the best festive spreads is served at this Michelin-starred restaurant by the sea. Cured fish, seafood dishes and decadent desserts are set on a sharing table that's several notches above the standard buffet. From £63pp, excluding drinks. Visit sjomagasinet.se.

#### Cafe Husaren, Haga Nygata 28

The cinnamon bun, or kanelbulle, is a Swedish institution, and there's a constant battle to produce not only the best but also the biggest sweet pastry in town. The title currently sits with Cafe Husaren, an old-fashioned tea and coffee house in the Haga district. Expect to pay around £6 for a Hagabulle the size of a dinner plate. Visit cafehusaren.se.

### ■ Where to stay

#### Clarion Hotel Post, Drottningtorget 10

Once operating as Gothenburg's central post office, this modern design hotel sits in the thick of the action a short walk from main thoroughfare Avenyn. A popular choice for Christmas concerts and office parties, it's always lively. Rooms from £134 with breakfast. Visit nordicchoicehotels.com.

### ■ How to get there

Norwegian (norwegian.com) flies to Gothenburg from London. Flights from £70 return in December. A Paddan Christmas tour with entrance to Liseberg costs from £23pp. Visit stromma.se.

■ For more information, visit [goteborg.com](http://goteborg.com).

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**Y**OU must be prepared to give him porridge every day," insists a stallholder while stroking a wooden troll's silky-soft beard, which he proudly claims is made from the wool of prized Gotland sheep.

The fairy-tale creature is believed to keep houses safe and is often found peering from candlelit windows, or resting on mantelpieces above crackling fires at this time of year.

More fluff than face, these particular trolls started life in the Ompen HB Konsthantverk workshop, and the proprietor, Peter, likes to know where each one ends up.

"They're like my children," he coos, preening my new purchase from Liseberg's vast Christmas market. "So I need to keep track of what they get up to. You can always keep me posted on Facebook, if you like?"

Quirky Christmas presents are easy to pick up in Gothenburg, a destination famous for its offbeat approach to the winter season, and the troll is one of many finds I manage to take home.

Here, the run-up to Christmas is just as much fun as the final event, and residents of the west coast Swedish city make great efforts to ensure their celebrations really stand out.

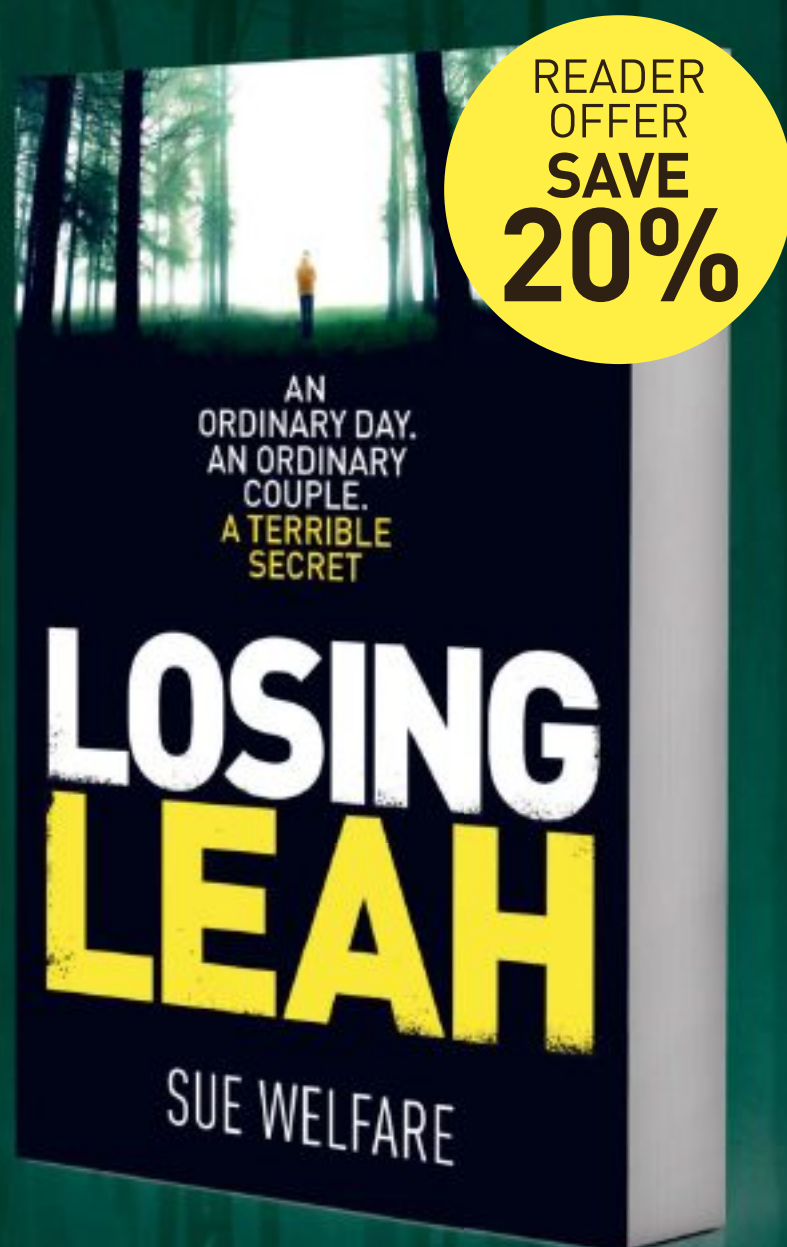
From November 29 to December 22, for example, a singing Christmas tree bellows carols through the city centre, while on various dates throughout Advent, Scandinavia's most elaborate candlelit Lucia parades are held.

Lights certainly play an important role at Liseberg, a charming 95-year-old amusement park, which twinkles with 5,000,000 illuminations in the long, dark season. I struggle to count them all as I wander around the sprawling site, hav-



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# MISTLETOE & MAGIC

Cranberry and apple sauce will be a great accompaniment to any meat or vegetarian main dishes



## A feast with all the trimmings

**W**HATEVER you choose as the main attraction, be it the traditional turkey or goose, roast beef, gammon, or a vegetarian and vegan alternative, you mustn't neglect the side shows at the Christmas table.

The trimmings are as much a part of the great festive feast as whatever occupies centre stage, offering contrasting flavours, colours and textures to the meal.

So don't neglect your parsnips or let your carrots go unloved, make sure they get the full festive treatment too with these mouthwatering recipes for sides and trimmings.

### Cranberry and Apple Sauce

This is a lovely flavour combination that goes well with all the

Christmas meats, especially turkey, pork and vegetarian nut roasts.

**Serves:** 6

**Preparation time:** 15 minutes

**Cooking time:** 20 minutes

### Ingredients

- 1 tbsp olive oil
- 2 shallots, finely chopped
- 500g fresh cranberries
- 2 dessert apples, peeled and roughly chopped
- 1 star anise
- 1 cinnamon stick
- 100ml red wine
- 150g caster sugar

### Method

Heat the oil in a saucepan, add the shallots and cook gently until softened. Add the cranberries,

apples, spices, wine and sugar and stir together. Cook until the cranberries and apple have softened and the sauce is a jammy consistency. Leave to cool.

**Cooks Tip:** Pop some into sterilised jars and give as a lovely home-made Christmas gift. Store in the fridge for up to 2 weeks.

### Chantenay carrots with a crunchy chestnut and herb topping

**Serves:** 4

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

### Ingredients

- 500g Chantenay carrots
- 50g butter
- 2 tsp olive oil
- 100g chestnuts, chopped


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# MISTLETOE & MAGIC

Christmas dinner is the centrepiece of the festive season  
BANANASTOCK



**MAKE SURE YOUR SIDE DISHES LIVE UP TO THE CENTREPIECE OF YOUR CHRISTMAS DINNER**

- 100g white breadcrumbs
- ½ bunch parsley, chopped
- Sea salt
- Freshly ground black pepper

#### Method

Place whole Chantenay in a

steamer over a pan of simmering water and put the lid on. Steam for five minutes or until the carrots are tender then add 25g of the butter.

Melt the remaining butter and the oil in a small frying pan, add a hand-

ful each of chopped chestnuts and fresh white breadcrumbs. Fry over a medium heat until the crumbs are golden and crunchy.

Stir in a handful of chopped parsley and some salt and pepper. Sprinkle the mixture over a bowl of freshly steamed and buttered Chantenay.

## Roast Potatoes, Parsnips and Shallots with Pancetta and Bay Leaves

**Preparation Time:** 10 minutes

**Cooking time:** 1 ½ hours

**Serves:** 6

#### Ingredients

- 1.5kg potatoes, medium sized, peeled
- 900g parsnips, medium sized, peeled
- 2 tbsp plain flour
- 1 tbsp fresh thyme, chopped, plus a few sprigs
- 6-8 tbsp rapeseed oil
- 12 shallots, peeled
- 200g pancetta, roughly chopped
- 6 whole bay leaves
- Sea salt and black pepper

#### Method

Preheat oven to 200°C/Gas 6

Cut any large potatoes in half and all of the parsnips in half lengthways, cook the potatoes in boiling salted water for 8 minutes or until par-boiled. Meanwhile cook the parsnips in the same way in another pan for 4 minutes. Drain the potatoes well then return to the pan and cover, shake the pan to roughen the edges of the potatoes.

Drain the parsnips and toss



**Roast potatoes, parsnips, shallots with pancetta and bay leaves**

them in the flour, chopped thyme and seasoning.

Pour the rapeseed oil into a large roasting tin and heat in the oven; you need around 1cm of oil in the tin. Add the potatoes and turn them over in the oil using a slotted spoon. Roast uncovered for 15-20 minutes, remove the tin from the oven and turn the potatoes, add the parsnips and shallots and turn them in the oil too. Roast for a further 35-40 minutes then turn all of the vegetables again, add the pancetta.

Increase the heat to 220°C/Gas 7 for a further 15-20 minutes, adding the thyme sprigs and bay leaves for the final 10 minutes. Sprinkle with a little sea salt and black pepper and serve immediately.

*Recipes courtesy of [www.berry-world.com](http://www.berry-world.com), [www.chantenay.com](http://www.chantenay.com) and [www.UKshallot.com](http://www.UKshallot.com)*

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# MISTLETOE & MAGIC

**C**HRISTMAS may be the most wonderful time of the year, but equally it can be the most disastrous for your waistline, liver and stress levels as you try to get through the annual festival of indulgence and bingeing.

Between the thousands of Quality Street, visits from the in-laws, gallons of booze and a mammoth roast dinner to fork your way through, it's no wonder we usually enter January feeling hungover, burnt out and ready to splurge on whatever gym membership or wellness cure claims to restore some semblance of vitality.

But December doesn't have to be a calorie-laden blowout, as keeping the decadence in check is easier than you might think.

We spoke to leading fitness and nutrition experts to find out how you can have a healthy Christmas this year, without missing out on the festive fun.

## Keep it real

With January looming on the horizon, it's tempting to get a head start and kid yourself you'll be hitting the gym every morning. You might be off work for a week, but let's face it - amongst all the festive drinking and killer Christmas TV, the likelihood of you sticking to your plan is pretty low.

"Keep your goals realistic so you can minimise the number of excuses you could be tempted to give yourself," says Darren Sealy, a personal trainer from Mindset (mindsetfit.co.uk). "Switching your plan to three times a week, for example, is so much more achievable than aiming for a daily workout."

"Get a Christmas workout buddy too," says Israel Rivera, head of group exercise at Virgin Active (virginactive.co.uk). "A little friendly competition can provide support, accountability and motivation over the festive week."

As the weather in the winter months can be unpredictable, it's good to stay flexible about how you'll be getting a sweat on.

Perhaps the roads are too icy for a run? Or the gym is closed because of a heating problem? "Christmas is the perfect time to take to the living room instead with a free YouTube workout video" says Sealy.

## Try lower-calorie alternatives

When you're busy socialising during the festive season, it can be tricky to keep track of what you're drinking - one drink turns into many, and before you know it, you've polished off a whole bottle.

"Many of us are unaware of just how much sugar and how many calories there are in some of our favourite alcoholic beverages," says Elliot Moore, lifestyle health adviser for Bupa UK (bupa.co.uk), and it can easily add up. "A pint of lager for example, contains the same amount of calories as a slice of pizza."

As well as staying conscious of your drink count, Moore advises switching to low-calorie mixers with spirits, plumping for a spritzer instead of white wine and nixing the sugar-laden cocktails completely.

It's important to pace yourself and stay hydrated too. "For every unit of alcohol you drink, it takes your body around one hour to digest it, so be mindful of how fast and how much you're drinking and try to space your drinks out."

## Consider these dinner table swaps

If you're on chef duty this Christmas, think about making a few simple switches that can slash your all-important calorie count, without sacrificing the taste.

"As a general rule, if you're trying to limit

**FROM CUTTING CALORIES TO BLITZING BOOZY UNITS, LIZ CONNOR FINDS OUT HOW TO ENJOY THE FESTIVE SEASON WITHOUT SACRIFICING YOUR WELLBEING**



# How you can have a healthy Christmas

your calorie intake, avoid anything deep fried, battered or covered in pastry," says Moore. "Swap crisps and salted nuts for popcorn, raw nuts or olives, and instead of serving sausage rolls or pigs in blankets, why not try smoked salmon blinis or prawn skewers instead?"

## Poach your turkey

Not everyone is a fan of eating turkey on Christmas day, but white meat is secretly your best friend as it's an excellent source of protein, and turkey in particular is very lean - plus, it's particularly low in saturated fat.

It's also rich in essential amino acids such as tryptophan, which Moore explains are important for supporting mood and sleep, and packs an iron and B vitamin punch - both of which are both important for energy production.

If you're looking to make your roast healthier this year, Moore suggests poaching your bird in a broth of herbs, spices and vegetables - it's just as delicious but won't leave you with that 'food coma' feeling.

## Pimp your potatoes

Christmas dinner requires roast potatoes, and although they may not count towards one of your five-a-day, they actually contain good amounts of vitamin C, potassium and fibre.

"Keeping the skins on will mean you can benefit from some extra fibre and no fat is

needed - prick them all over and pop them in the oven for an hour on a low heat and they will be lovely and crispy on the outside with a fluffy centre," says Moore.

"Try swapping regular oil for coconut oil instead, which contains medium chain triglycerides which have been shown to support energy expenditure and heart health." You could also add some rosemary, which helps to support your circulation.

Try putting some purple on your plate too - beetroot is a fantastic addition to your roasting tray as it rich in iron and phytonutrients.

## Don't scrimp on the sprouts and cranberry sauce

"Sprouts are so underrated," says Moore, "they really are little nutrient powerhouses." Loaded with important vitamins and minerals including B vitamins, vitamin C, vitamin K, iron and magnesium, they can help to give that all-important winter boost.

"Try roasting them alongside some traditional chestnuts for an added sweetness, as these are another surprising source of vitamin C."

Cranberry sauce is another healthy guest pleaser.

"Berries are packed with nutrients - brightly coloured foods are often super rich in antioxidants - and cranberries boast an impressive array of vitamins and minerals, including vitamin C, which is good for skin

health, and iodine, to help support your metabolism."

Make your own cranberry sauce to avoid pre-packaged versions high in added sugar, and give it a splash of orange juice for an extra charge of sweetness and vitamin C.

## Don't skip the Christmas brekkie

In the excitement of unwrapping presents, it's easy to skip out on breakfast on Christmas day, or run solely on chocolate and Bucks Fizz.

"Although this may seem like an easy way to eat fewer calories on the big day, skipping meals is a really bad idea," says Harley Street nutritionist Rhiannon Lambert (rhitrition.com), "as it often leads to overeating and may also promote binge eating behaviour."

Research has shown that those who skip breakfast are significantly more likely to consume unhealthy foods than those who make time for a quick bite in the morning, she explains, so it's important to sit down for regular, nutritionally balanced meals.

Vegetables, protein sources and complex carbohydrates are a great way to satisfy hunger and prevent over-consumption of calorie dense foods over time, so an early morning bowl of porridge, a slathering of avocado on toast or a smoked salmon bagel could be all it takes to help you resist the temptation to go in for seconds or thirds at the Christmas dinner table.





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